



Patient-centered Health Outcomes

Patient Discharge Report

Patient ID: 4162



Summary

Overall improvements in self-report measures and objective measures:

- ✓ Increased shoulder movement and quality of motion
- ✓ Increased neck movement
- ✓ Patient reported decreased disability in neck, back, and shoulder
- ✓ Consistently high engagement
- ✓ Desire to continue using XRHealth for ongoing maintenance and wellness



Improvements from Baseline to Discharge

Shoulder Quality of Motion **59%** ↑

Neck Flexion **35%** ↑

Neck Extension **19%** ↑

44%

improvement

Neck Disability

20%

improvement

Back Disability

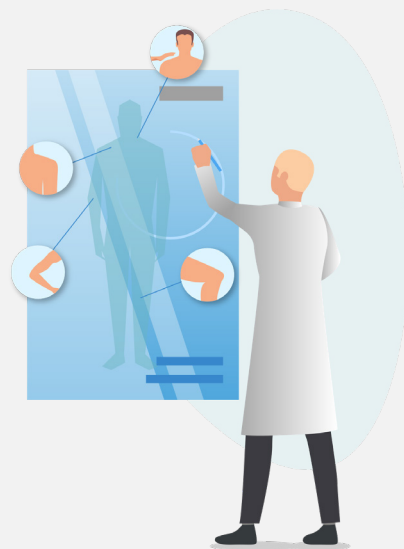
A % change in disability shows an improvement – the patient self-reported a decrease in the disability.

Introduction

The following report details your patient's engagement and health outcomes with PT/OT VR treatments from the XRHealth Telehealth Clinic. You will find:

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The report is provided by your patient's XRHealth Clinician, who treated your patient with medical virtual reality via telehealth.



Initial Assessment



PATIENT DETAILS:

A 70-year-old woman with cervical pain consistently over the last 3-4 years.



DIAGNOSIS:

Neck and lower back pain.



INITIAL FINDINGS:

Cervical Spine:

- The patient observed sitting on a couch. Increased thoracic kyphosis, rounded shoulders and forward head posture.
- The patient observed at her stitching table with rounded back and flexion at her cervical spine which aggravates the pain.
- MUSC/SKEL: flexion: 40 degrees, extension: 50 degrees, left lateral flexion: 35 degrees, right lateral flexion: 40 degrees, left rotation: 55 degrees, right rotation: 55 degrees, pain with ROM: flexion

Shoulder:

- EXT: Shoulders, BL: full range of motion intact

Lumbar Spine:

- MUSC/SKEL: Lumbar spine/musculature, BL: flexion intact 90 deg, extension intact 25 deg, (+)kyphosis, R rotation 20%, L rotation 20%.

Plan of Care



2 PT/OT telehealth visits per week
for 8 weeks of treatment



Treatment Dates:
04/21/20 - 07/31/20



Goals

SHORT-TERM:

- To increase mobility of spine
- To promote centralization and pain relief
- To improve walking endurance
- To improve standing endurance
- To be able to stand for cooking for 20-25 minutes
- To promote muscle strength
- Improve awareness of correct posture and proper body mechanics during ADL's

LONG-TERM:

- To maximize pain relief to #1-3/10 pain scale
- To perform functional activities with minimal pain
- To educate patient regarding correct posture, proper body mechanics, and how to treat your back
- Independent home exercise program



All short-term goals were met



All long-term goals were either partially or entirely met

LEGEND:

- Goal met
- Goal partially met
- Goal not met

Discharge Notes

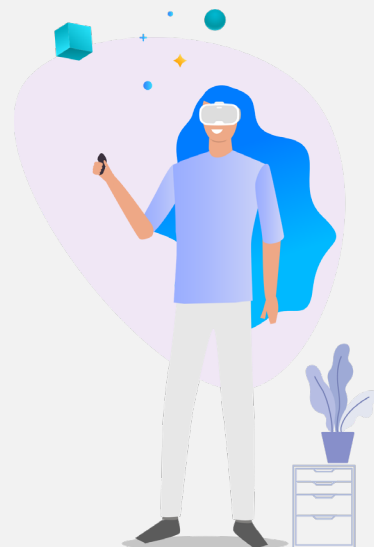
- Patient has completed 27 visits of (PT/OT) therapy for complaints of neck and back pain m/p associated with degenerative disc disease and lumbar stenosis.
- Impairments continue to include limited ability to stand > 45 min and prolonged ambulation.
- Currently, patient demonstrates good progress towards goals.
- Due to goals being partially met and benefits ending, patient is no longer considered appropriate for skilled PT with XRHealth.
- At today's session, the patient appears motivated. Patient tolerated today's therapy session very well.



Patient Feedback

DIRECT QUOTES FROM THE PATIENT:

- “I’ve done physical therapy many times, never sticking with it. But with XRHealth and this headset, I love it!”
- “It’s so much fun to be a gamer and get better at the same time.”
- “My therapist has been fabulous!”
- “I would love to stay with this indefinitely.”



Outcome Measures

Self-Report Disability

Neck (Neck Disability Index):

	Initial Eval	Discharge	
Score	18%	10%	44% improvement

Back (Oswestry Disability Questionnaire):

	Initial Eval	Discharge	
Score	40%	32%	20% improvement

A % change in self-report disability shows an improvement – the patient reported a decrease in the disability.

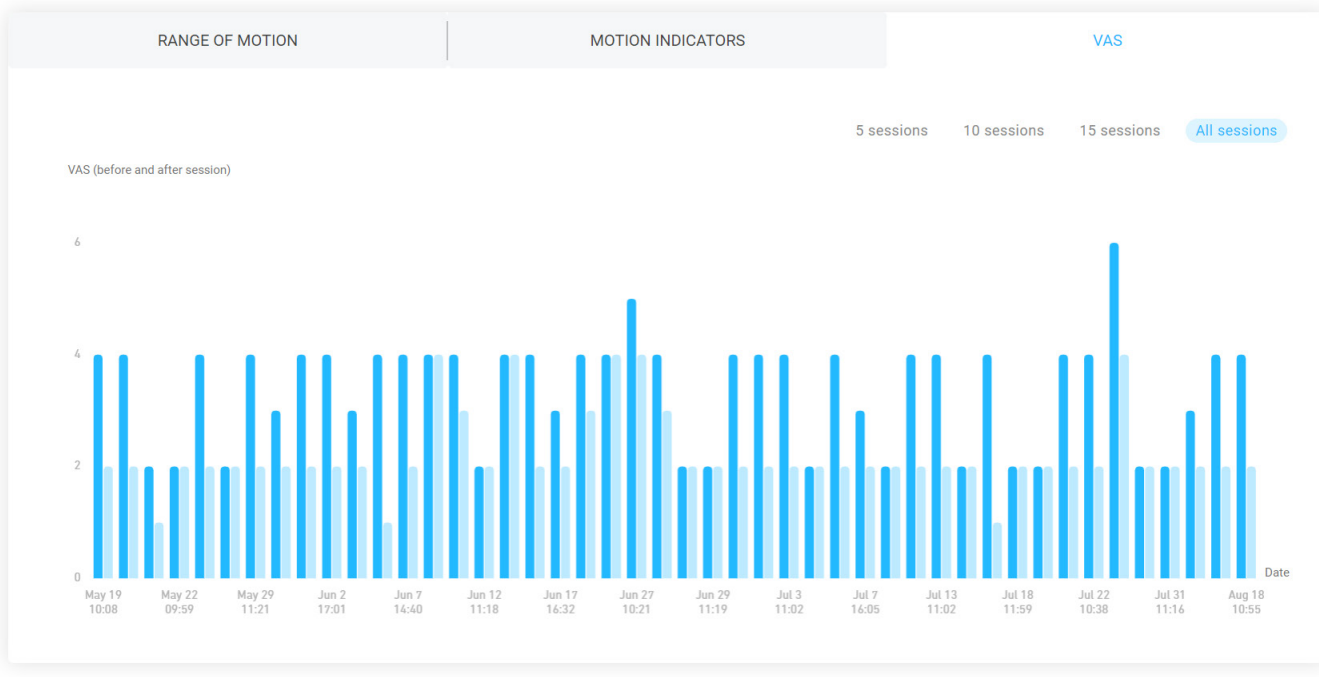
Outcome Measures

Self-Report Shoulder Pain

- The patient reported a 34% decrease in pain after shoulder exercises.
- The patient never reported increased pain while using the VR applications.*

BREAKDOWN

▼ Evaluation: All sessions ▼



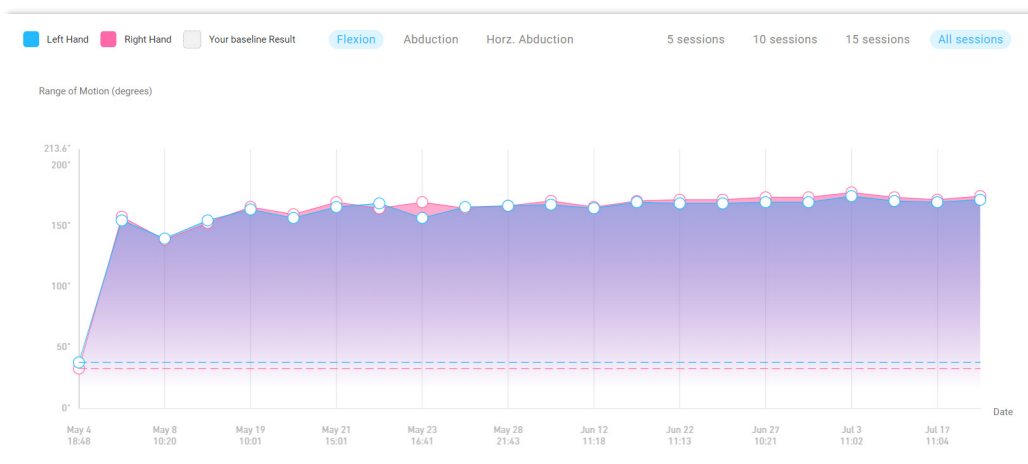
■ - Before the session ■ - After the session

*Often while doing traditional PT exercises, patients may experience increased pain.

Outcome Measures

Shoulder Range of Motion

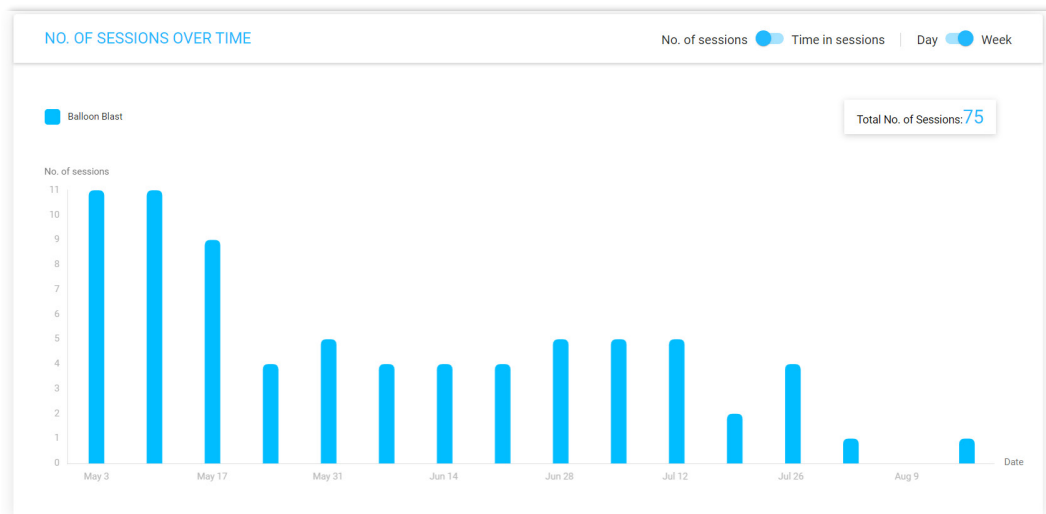
Flexion improved over the course of treatment.



Right: 158° to 175° ↑ 10%

Left: 155° to 172° ↑ 10%

High patient engagement during ROM treatment



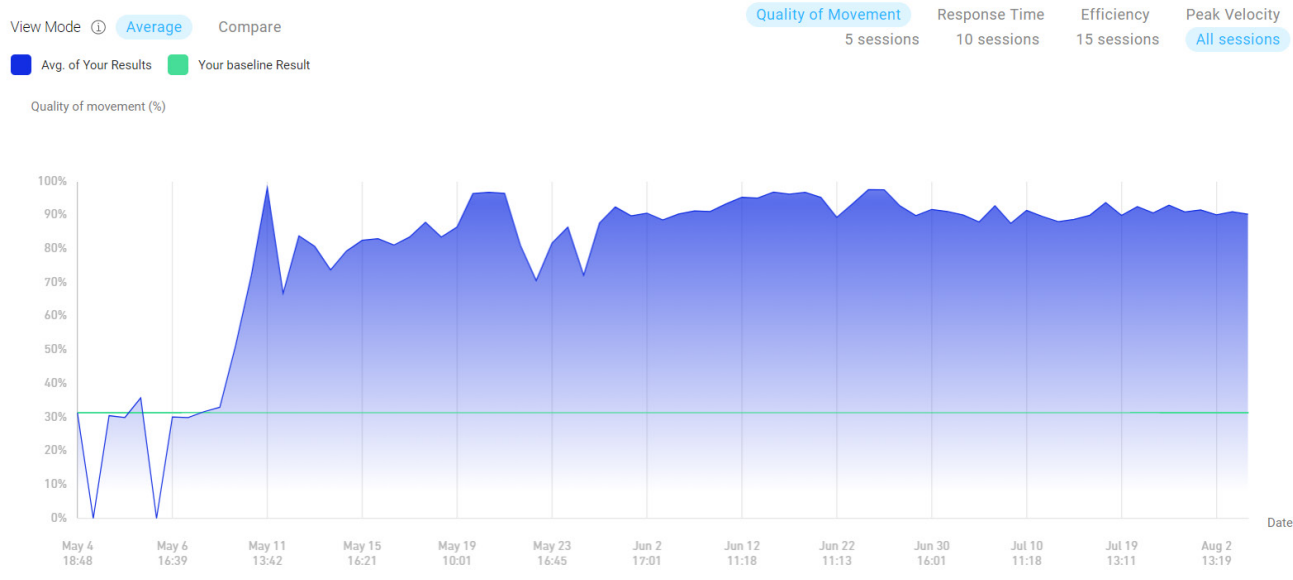
Average = 5.4 sessions/week

Outcome Measures

Shoulder Motion Quality

Quality of movement improved over the course of treatment, from 31.42% to 90.38%.

65% 

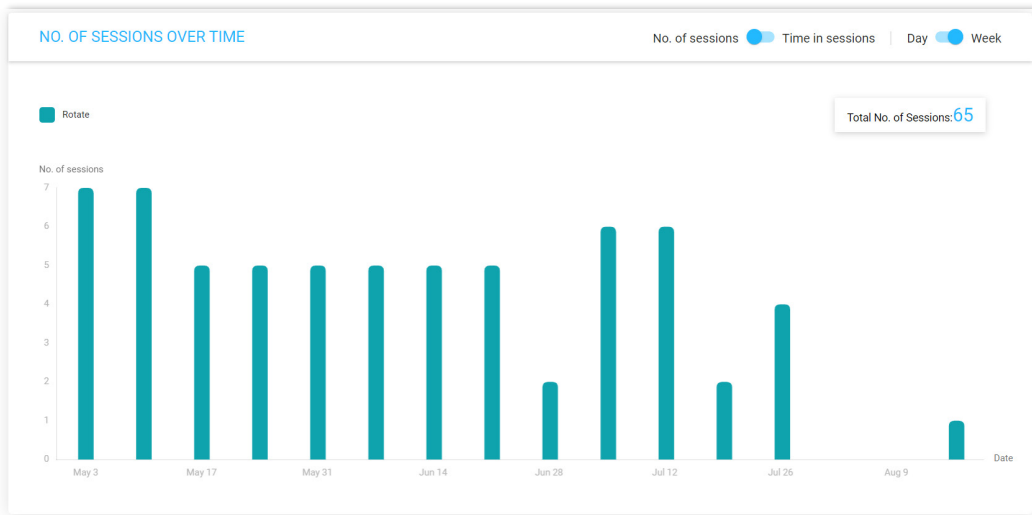


Outcome Measures

Neck Range of Motion

	Initial Eval	Discharge	% Change
Flexion	43°	58°	35% ↑
Extension	43°	51°	19% ↑
Side Bend Right	34°	44°	29% ↑
Side Bend Left	41°	37°	-10% ↓
Rotation Right	53°	69°	30% ↑
Rotation Left	64°	70°	9% ↑

High patient engagement during ROM treatment



Average = 4.6 sessions/week

Interested in more success stories?

REFER YOUR PATIENTS

- XRHealth is a telehealth clinic providing virtual reality treatments to patients across the country.
- We treat patients in need of: Physical Therapy, Pain Management, Cognitive Therapy, TBI & Stroke Rehab, Respiratory Recovery, Hot Flash Management, Stress & Anxiety Management, Support Groups

HOW EASY IS THE REFERRAL PROCESS?

Just three easy steps:

1. Refer your patient to our website
[Click here to get started](#)
1. Your patient enrolls via our online registration.
2. You get regular progress reports from our treating clinician on your patient's recovery.

Also, if you have your patient's consent, you can register for them!

