

Habit Health: Southern Rehab Escalated Care Pathway (ECP)

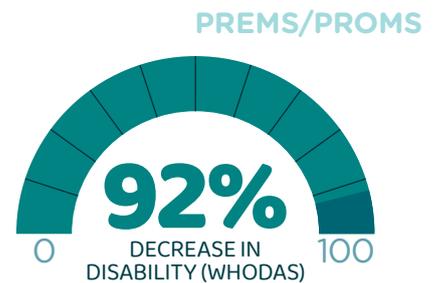
Clinical Case Study

Max is an 18-year-old male student who injured his right knee playing rugby prior to referral to the Habit Escalated Care Pathway. Following his initial injury and subsequent recovery, he then re-aggravated his knee at pre-season rugby training. He was subsequently referred to the Habit Escalated Care Pathway where he was triaged, seen by the Interdisciplinary team (Orthopaedic Specialist and Physiotherapist) and diagnosed with a likely intra-articular injury. Goal setting identified that Max wanted to return to full rugby training. In addition to this an MRI was arranged which identified a complex displaced flap tear lateral meniscus and he was put on the surgical 'Green List' (this list provides surgical pre-approval for certain conditions). Two weeks later he underwent Arthroscopic Surgery to debride a lateral meniscal tear. He subsequently attended an intensive physical rehabilitation programme and following specific functional testing he successfully returned to full time sport. He was discharged following a total of four months on the pathway as illustrated below.

Outcome measures also show a high degree of patient satisfaction (9/10), significantly improved symptoms (4 in the Global Outcome of Change Scale) and a 92% reduction in disability (WHODAS).

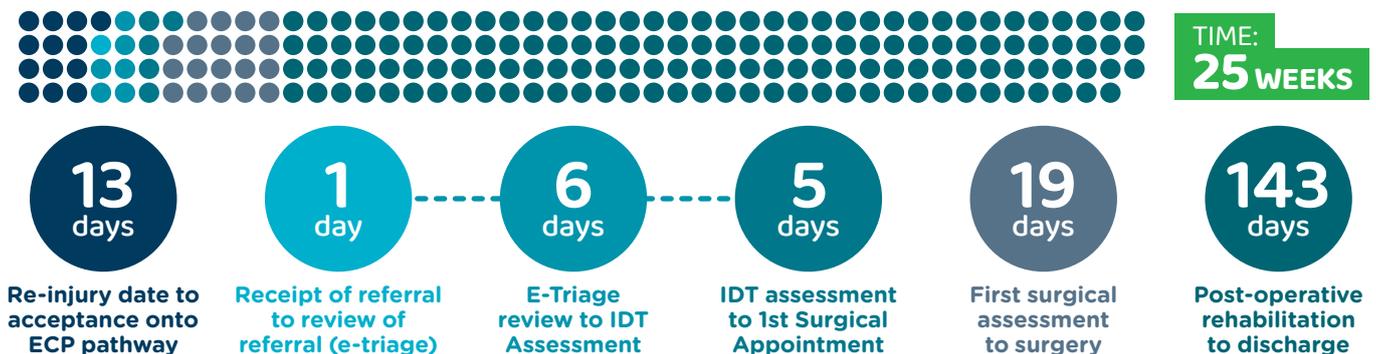
For comparison Max's recovery timeline is shown below alongside matched data provided from ACC for matched knee claims that do not go through the Escalated Care Pathway.

What are Max's results:



PREMS/PROMS

Max's Habit Health ECP surgical recovery pathway



Historical average ACC knee surgical recovery pathway (Matched to Escalated Care Pathway cohort)

