

Habit Health: Southern Rehab Escalated Care Pathway (ECP)

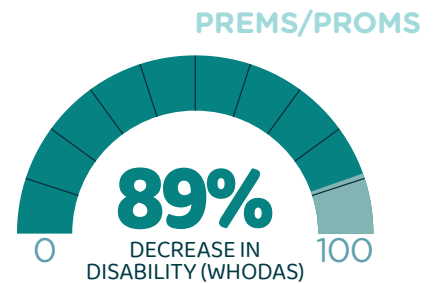
Clinical Case Study: Reihana

Reihana is a 65-year-old electrical engineer employed by the TAB who sustained a left non-dominant shoulder injury after snapping twigs for firewood. She presented to physiotherapy with difficulty lifting her arm, experiencing significant pain when she tried to.

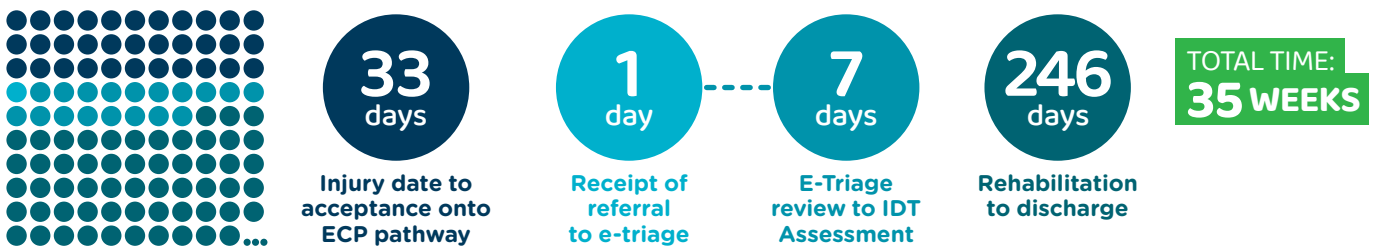
As her job required her to be using her shoulder to complete heavy tasks this pain was significantly limiting her. Reihana was referred to the ECP programme to complete a fully funded rehabilitation exercise programme with a physiotherapist as well as get the investigations that she needed. The MRI showed that

she had torn multiple muscles in her left shoulder. The IDT (which consists of an orthopaedic specialist, senior physio, referring physio and the patient), recommended trialling conservative management rather than surgery, and that she should continue to work with the physiotherapist to see if conservative management would work. After completing 8 months of regular home and gym exercise programmes Reihana managed to avoid surgery altogether. Although Reihana has multiple tears in her shoulder, she was able to return to her full work tasks required of her with minimal restriction.

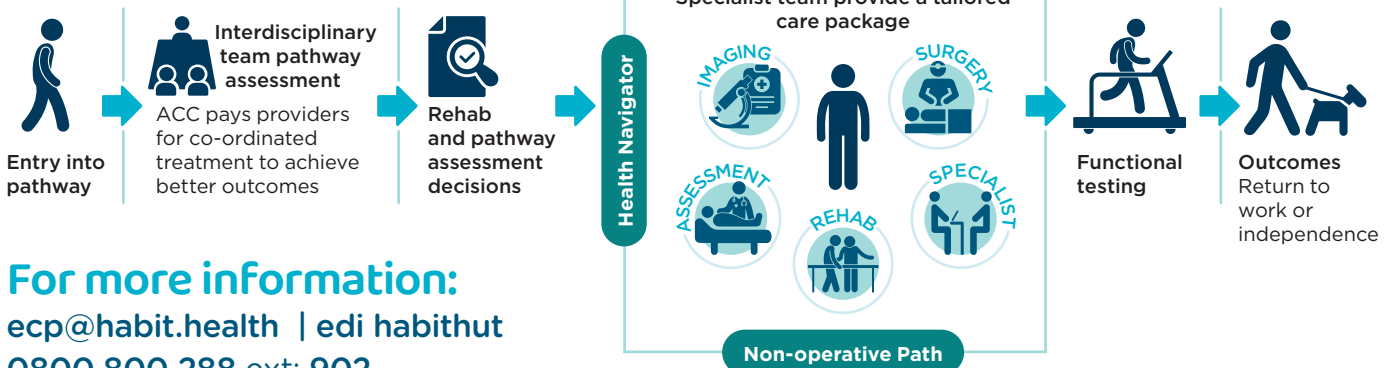
What are Reihana's results:



Reihana's Habit Health recovery pathway



Escalated Care Pathway PROVIDERS WORKING COLLABORATIVELY



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