

YOUR GROUP23 PATIENT HEALTH JOURNEY

DIAGNOSIS: PATELLOFEMORAL PAIN SYNDROME

The Problem Spoiler - it's not your actual injury!

Traditional sport medicine attempts to address physical complaints with purely physical treatments. Unfortunately, this care leaves many patients unsatisfied and far from a full and robust recovery.

Why is that?

Patients do not fully understand their diagnosis or what is truly causing their pain and symptoms. In many cases, health care providers *fail to provide the appropriate patient education* about an injury, the various possible impacts, and treatments.

There is no clear plan or pathway forward. "Fill this prescription and follow up in a few weeks" may seem like a plan, but *it simply is not comprehensive enough* for you to fully commit mentally and emotionally. Where are you going? What's the end goal?

Failure to take an integrated Bio-Psycho-Social-Spiritual approach to care. None of us are the same, and *we don't inhabit a purely physical world*. Our experiences and reactions to injury, pain, and movement restrictions are part of our personal, unique interconnection between biological, psychological, social, and spiritual factors.

The  Solution>
GROUP23

Your Rise Above Patient Health Journey

The Group23 solution asks that you:

Become an expert. We believe every patient at Group23 should be able to *understand and explain their diagnosis*. We'll teach and provide information because *the more you know, the more you will understand the treatment plan, and the better success you will have*.

See your treatment plan as a Journey. Your Health Journey will begin by having you set your Rise Above goal(s). Goals establish a benchmark for measuring the success of treatment interventions and more importantly, they *ensure every treatment decision reflects your priorities, not ours*.

Take an integrated Bio-Psycho-Social-Spiritual approach. You must recognize your injury, pain, and disability aren't *isolated in a physical dimension* of life. Consider your social situations, stressors, and overall mental well being, as it is inevitable your injury or pain will be impacted by other areas of your life - *think about how grumpy you get when you can't kick a cold!*



Now what?

- ✓ go online and read all about your injury at group23.ca/riseabove. Become an expert!
- ✓ watch our three videos to understand the Journey we're on together
- ✓ set your SMART goals
- ✓ book a Group23 physiotherapy assessment
- ✓ book a Group23 massage appointment





Why do we care about goals?

- ✓ a good goal indicates if you have **become an expert**, and actually understand the implications of your diagnosis
- ✓ a personal goal ensures every treatment decision reflects **YOUR priorities**, not ours
- ✓ they show when we have arrived at success, which will look different for everyone

Make your Rise Above Goal S.M.A.R.T

Specific | Measurable | Actionable | Realistic | Time Bound



Good S.M.A.R.T Goal

Example: Be able to play competitive soccer three days a week, in 12 months.

- ✓ Specific
- ✓ Measurable
- ✓ Actionable
- ✓ Realistic
- ✓ Time Bound



Bad S.M.A.R.T Goal

Example: I want to get rid of my pain.

- ✗ Specific
- ✓ Measurable
- ✗ Actionable
- ✗ Realistic
- ✗ Time Bound

On my Health Journey, my Rise Above Goal(s) are:

1

2

3

Group23 Navigation Toolkit

○ *Patience*

- discussion of a realistic recovery timeline (18+ months)

○ *Activity Modifications*

- minimize aggravating activities: squatting, running, lunging
- LOW impact exercise: biking, elliptical, swimming, or lane walking in pool
- learn to listen to your body: if you get pain/swelling after activity, you're not ready for it

○ *Physiotherapy*

- exercise-based physiotherapy, with individualized Group23 program

Advanced physical therapies

- AlterG training
- blood flow restriction training
- shockwave therapy

○ *Massage*

- self massage: massage gun, foam roller, lacrosse ball, Tiger Tail
- massage therapy, with individualized Group23 program

Alternative muscle pain reduction therapies

- Active Release Therapy (ART) or Graston (chiropractic)
- TENS machine (Transcutaneous Electrical Nerve Stimulation)

○ *Health & Wellness*

- free Group23 health & wellness assessment session
- self management or commercial program

Now that we know where we're going, how do we get to **your** SMART goal **destination**?

All the following tools are *options* on your Journey, and tracking results will help us develop your personal treatment plan.

Did it help?

Did it last?

Did it help?

Did it last?

Did it help?

Did it last?

Did it help?

Did it last?

Did it help?

Did it last?

○ *Bracing, Orthotic Supports & Other Gear*

- supportive footwear at ALL TIMES indoors & outdoors ex. Birkenstocks, HOKA shoes, or indoor runners
- over the counter orthotics for arch support: Ex. Powerstep, Bauerfeind, Superfeet, Sole, Kneed etc.
- Patellar Stabilization Brace:
 - Bauerfeind GenuTrain series
 - Med-Spec AKS (hinged)
 - CoreFlex Knee-O-Trakker

○ *Pain Management*

Icing

- home icing: 15-20 minutes every hour as needed
- compression ice machine with knee attachments
- commercial ice compression wraps ex. Hyperice Ice Compression Knee Wrap

Prescription topical anti-inflammatory creams

- Diclofenac 10% +/- Menthol
- Ketoprofen/Pentoxifylline/Cyclobenzaprine +/- Lido/Menthol
- Ketoprofen/Baclofen/Amitriptyline/Lidocaine +/- Gabapentin

Over the counter pain and swelling control (take as directed by MD)

- acetaminophen (Tylenol) – for baseline aching
- ibuprofen (Advil/Motrin) – for flares of pain/swelling
- naproxen (Aleve) – for flares of pain/swelling

Prescription anti-inflammatory medications

- naproxen/esomeprazole 500/20mg (Vimovo) tablets
- diclofenac/misoprostol 50mg/200mcg (Arthrotec) tablets
- celecoxib (Celebrex) 200mg capsules

Second-line, add on medications & other options

- duloxetine (Cymbalta)
- nutritional supplement review and discussion
- anti-inflammatory diets
- CBD products

○ Injections

Standard injection therapies at Group23 Injection Clinic

- cortisone: Depo-Medrol (Methylprednisolone) or Kenalog (Triamcinolone)
- hyaluronic acid ("visco-supplements"): Monovisc, Durolane, Synolis VA, Synvisc One
- hyaluronic acid and cortisone combination: Cingal
- non-steroidal anti-inflammatory injection: ketorolac (Toradol)

Regenerative injection therapies at Group23 Regenerative Clinic

- platelet rich plasma (PRP) ex. Harvest PRP
- autologous protein solutions (APS) ex. nStride
- dextrose prolotherapy



REMEMBER: You are on a personal Journey, and while all these tools are available to you, they won't all make sense for your individual destination, the nature of your injury, and your personal finances.

All **CIRCLES** must be checked, which means trying **at least one BOX** from each section.

Did it help?

Did it last?

My Health Journey team at Group23 is:

- Physician -
- Physiotherapist -
- Massage therapist -
- Health coach -



KNOW: We practice sports medicine differently and ask you to *take responsibility and actively participate* in this Health Journey. Our integrated clinic believes in **comprehensive care** and **provides everything you need** in your rehabilitation journey: physiotherapy, massage, health coaching, x-rays, injections, orthotics & bracing, and other elite treatment options.

Ongoing Visits



At your first visit, let's discuss:

- assessment, diagnosis, and imaging (x-rays, MRI, ultrasounds)
- our **Group23 concept of care**
 - setting SMART **Rise Above** goal(s)
 - likely stops on **your** Patient Health Journey
- your best options from our **Rise Above Navigation Toolkit**
 - activity modifications
 - rehabilitation options
 - pain management
- your homework (emails and at group23.ca/riseabove)

At future visits, review with your health care team:

- pain levels
- Rise Above** goals
- bio-psycho-social barriers to recovery
- create your **Rise Above** Road Map
 - activity modifications
 - **Group23** rehabilitation program
 - physiotherapy - status
 - massage - status
 - health coaching - discuss
 - orthotics and/or bracing - discuss
 - pain management
- your homework (emails and at group23.ca/riseabove)

Are we there yet? Time to reevaluate or maintain:

- reevaluate
 - ensure every category in the Navigation Toolkit has been tried
 - re-calibrate your **Rise Above** goals
 - repeat or additional diagnostic imaging as needed
- maintain
 - review necessary follow-up and rehabilitation maintenance appointments

Notes & Questions:



















KNOW: 4 - 5 visits is the average starting point for many to begin achieving their **Rise Above** goals. But your Journey is unique, and your goals are personal.

Keep going!

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SPORTS MEDICINE

Disclaimer: The information contained within this protocol is intended for use under the direct supervision of a qualified health professional. Failure to adhere to proper medical supervision may lead to further injury or negative patient outcomes. Group23 Sports Medicine is not responsible for persons using these recommendations outside of its care and supervision.

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