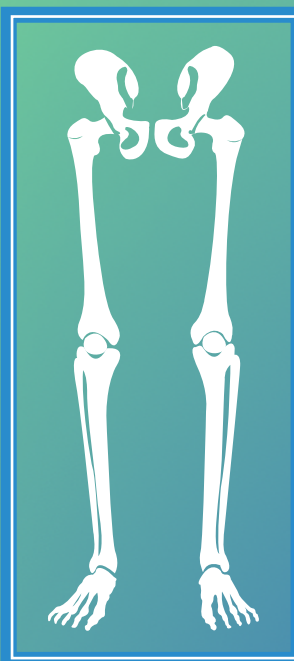


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STEP BY STEP

## ***PATIENT SUMMARY***

***Smith, Robert***

***ID: 249432***

***Date of Evaluation: 10/22/2020***

## Patient Information

**Name:** Robert Smith

**Birthdate:** 10-10-1956

**ID:** 249432

**Height:** 5' 10"

**Age:** 64

**Weight:** 170lbs

**Gender:** Male

**Email:** R.Smith@cmail.com

**Cell Phone:** (624)-359-2134

**Home Phone:** (412)-689-9231

**Home Address:** 58 South Mill Street  
Pittsburgh, PA 15222

## X-ray Report Card: Right Knee

Robert Smith

ID: 249432

Date of X-rays: 10/22/2020

Date of Evaluation: 10/22/2020

		Normal/Slight	Moderate	Near End Stage	End Stage
Medial Compartment	Flexion View				✓
	Non-Flexion View				✓
Lateral Compartment	Flexion View	✓			
	Non-Flexion View	✓			
Patello-Femoral Compartment			✓		

Additional Notes:

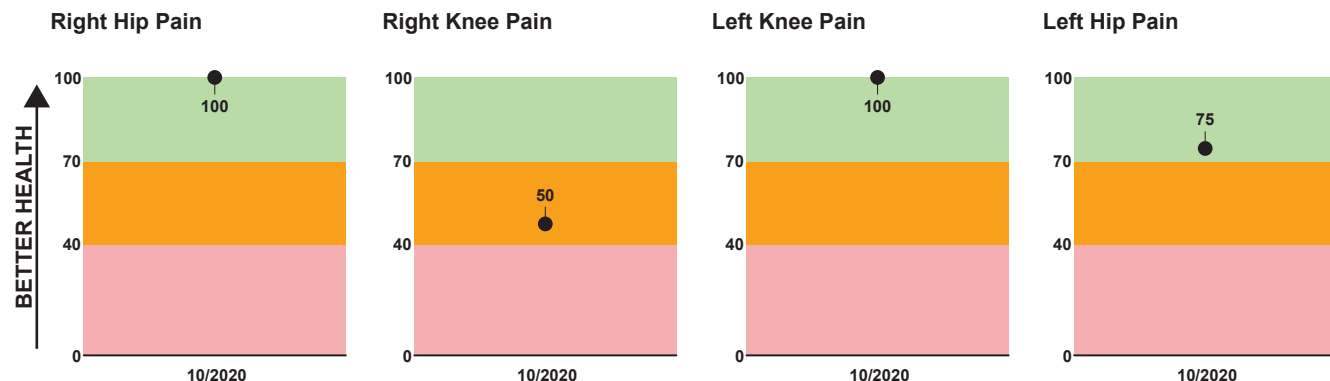
# Patient Reported Profile

Robert Smith

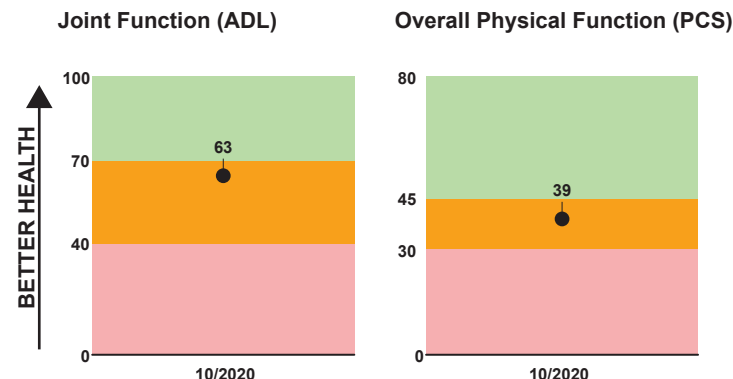
Measure Date: 10/22/2020

ID: 249432

## PAIN



## FUNCTION AND PHYSICAL HEALTH



## DEFINITIONS AND INTERPRETATION

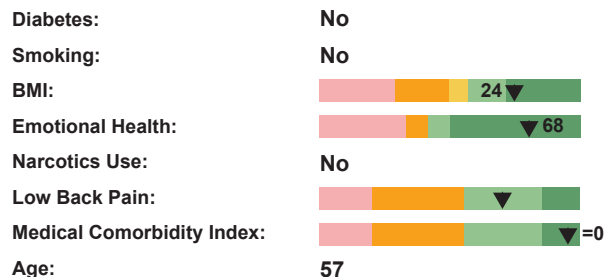
### Pain and Function:

Green: no or mild pain or limitations  
 Orange: moderate pain or limitations  
 - discuss treatment options  
 Red: severe pain or limitations  
 - surgery is common

Colors and definitions based on FORCE-TJR nationally representative database

Source:  
 Pain and ADL values calculated from HOOS/KOOS  
 PCS calculated from VR-12

## FACTORS AFFECTING YOUR ARTHRITIS JOINT AND JOINT REPLACEMENT OUTCOMES



You may be able to improve some of these factors. Please discuss with your surgeon.

### Low back Pain:

Green: no pain  
 Light Green: mild pain  
 Orange: moderate pain  
 Red: severe pain

### BMI:

Green: <25  
 Light Green: 25-30  
 Yellow: 30-35  
 Orange: 35-40  
 Red: >40

### Medical Comorbidity Index:

Green: =0  
 Light Green: =1  
 Orange: =2-5  
 Red: >=6

### Emotional Health:

Green (>50): no limitations  
 Light Green (45-50): mild limitations  
 Orange (40-45): moderate limitations  
 Red (<40): severe limitations

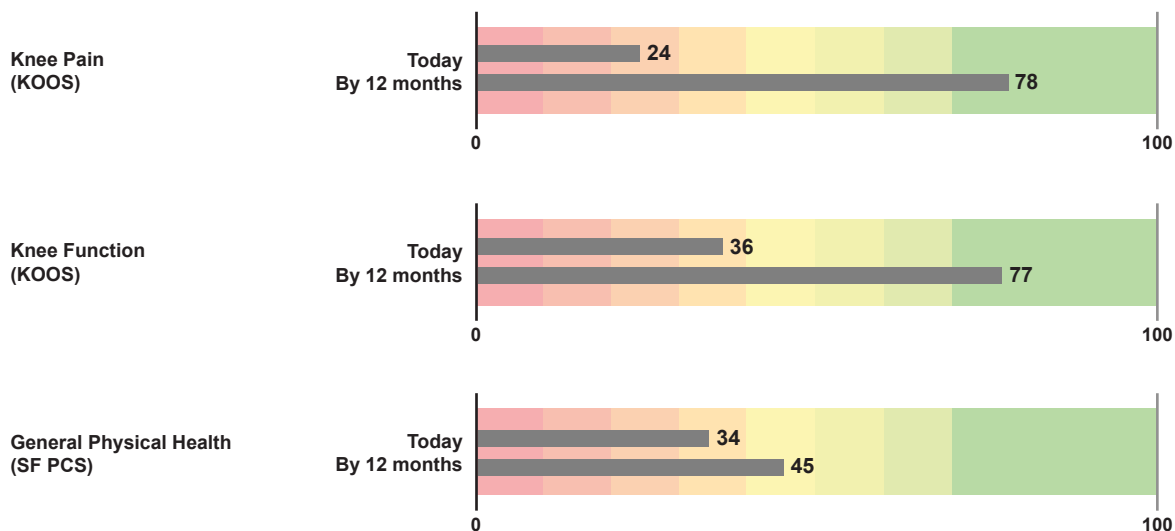
## Expected Outcomes After Surgery

Robert Smith

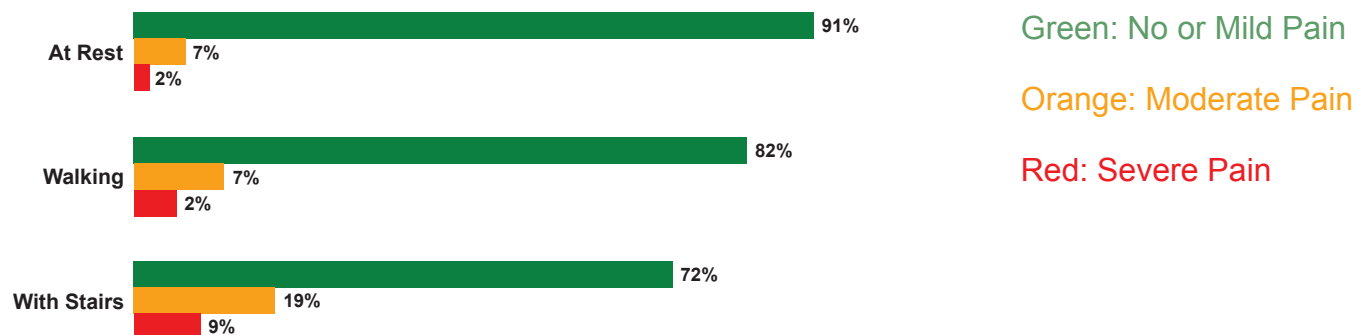
Measure Date: 10/22/2020

ID: 249432

### Patient's Likely Change in Pain, Function, and Physical Health After Surgery



### Patient's Likely Pain-Free Activities After Surgery



### Patient's Likely Need for Inpatient Care After Surgery

Need for inpatient nursing facility: 17% (National rate: 15% - 20%)

Need for hospital within 30 days: 4% (National rate: 3% - 9%)




# Non-Operative Treatment Options

Robert Smith

Measure Date: 10/22/2020

ID: 249432

## Osteoarthritis of the Knee

Frequently asked questions	Treatment Options Medications for Pain Relief 	Treatment Options Joint injections (steroids) 	Treatment Options Physical Therapy 
<b>Will this reduce the pain I have in my knee?</b>	Ibuprofen (also known as Advil or Motrin) is helpful for 50 in every 100 patients.	Some people get some relief of their pain and/or swelling after an injection.	In a recent study, patients experienced good relief after participating in an intensive physical therapy program that lasted for 12 weeks.
<b>Will this treatment help improve which activities I can manage to do?</b>	As you get pain relief, you should be able to be more active. Being more active can also help reduce your pain.	If you get pain relief, you may be able to be more active.	As you get pain relief, you should be able to be more active. Most people are able to do more. Being more active can also help reduce your pain.
<b>Are there any risks to this treatment?</b>	As with all medications, there are some side effects. Ibuprofen can cause stomach pain and heartburn. It can increase your risk of stomach bleeding.	You might feel slight pain at the injection site for a few days. Allergic reactions and infections are rare. There is a risk of cartilage damage if you get frequent injections.	You might feel sore for a few days as you begin your physical therapy. In a recent study, very few people experienced any medical problems after participating in physical therapy.
<b>How long will it take me to feel better after the treatment?</b>	You may start having pain relief within a few days of when you start taking the medication.	Most people who get relief feel better within a week.	It may take up to 4 weeks for you to feel better.
<b>What are the outcomes for people with arthritis who have this treatment?</b>	Many people cope well by using medications, being active and losing weight. Reducing your pain may help you get the benefits of exercise.	Some people have good relief when swelling and pain cause problems.	In a recent study, 74 of 100 people who participated in an intensive physical therapy program had not yet had knee replacement after 1 year.
<b>Important things to know</b>	You should discuss what pain relief medication might be right for you with your doctor.	In recent studies, it is not clear whether injections are helpful or not. You should discuss whether this would be a good choice for you with your doctor.	You should discuss whether physical therapy would be a good choice for you with your doctor.
<b>Learn more</b>	Treatment Options from AAOS <a href="http://www.orthoquidelines.org/topic?id=1005">http://www.orthoquidelines.org/topic?id=1005</a>	Treatment Options from MedlinePlus <a href="https://medlineplus.gov/news/fullstory_165630.html">https://medlineplus.gov/news/fullstory_165630.html</a>	Researcht from NEJM <a href="http://www.nejm.org/doi/pdf/10.1056/NEJMoa1505467">http://www.nejm.org/doi/pdf/10.1056/NEJMoa1505467</a>