

Improving patient and physician involvement through Isokinetics

HUMACNORM



We sat down with Elizabeth Addison, PT, MS of OrthoSouth in Memphis, TN to find out how the HUMAC NORM fits into her practice. OrthoSouth is an area leader in orthopedic care, with seven outpatient locations and two surgical centers throughout the mid-South community. **Elizabeth can be reached by calling (901) 641-3000, emailing emcguire@orthosouth.org, or by visiting orthosouth.org.**

A HUMAC NORM PATIENT SUCCESS STORY

Elizabeth has been a licensed and board-certified physical therapist for 11 years after receiving her master's degree from St. Louis University. She's spent the last decade utilizing isokinetic training in her practice.

"I enjoy it," she says, of the HUMAC NORM, which she says OrthoSouth "inherited" about five years ago when a neighboring clinic ran out of room for it. Call it a lucky break.

"But we wanted to know: how does she justify owning a HUMAC NORM isokinetic system?"

HUMAC NORM AT ORTHOSOUTH

Elizabeth primarily uses the HUMAC NORM system for training and testing within her return-to-sport youth populations, including post-operative ACL repairs. She finds the system beneficial because it provides patients and their physicians with a **"realistic reality of their muscle strength."**

As an example, Elizabeth's referring physicians typically want post-op athletes to have a strength deficit of 15% or less on the involved limb compared to the uninvolved before returning to play. In her practice, Liz also utilizes normative strength

values for youth athletes based on bodyweight. The fact that HUMAC NORM software is uniquely engineered to provide these kinds of **specific, measurable, and objective data points** is something Elizabeth says is of high value to referring physicians—let alone herself.

"HUMAC NORM helps our physicians' practice," Elizabeth says, thanks to the system's ability to provide accurate and concrete information that can be used to set goals, guide treatment plans, track progress, engage and educate patients, manage patient expectations, and overall optimize patient outcomes.

But it's not just return-to-sport protocols for which isokinetic training has proven beneficial. Elizabeth and her staff also utilize HUMAC NORM for work conditioning, work hardening, and Functional Capacity Evaluations, as well.

In fact, a current patient of Liz's directly credits HUMAC NORM with his efficient recovery from a potentially career-ending injury.

Let's meet Herbert.

The HUMAC NORM brings the benefits of isokinetics to practices of all sizes



CASE STUDY: HERBERT'S STORY

Herbert is a Memphis firefighter. He was first introduced to the HUMAC NORM system 10 years ago during his post-operative recovery from a right medial collateral ligament (MCL) injury.

"It's not comfortable," he states of his experience training and testing on the device, **"but it's effective, if you want to be functional, [HUMAC NORM] is what you need."**

At the time, Herbert was under Elizabeth's care via worker's compensation. His rehab was complicated by a "come apart" with his original case worker, who was preparing to discontinue his therapy due to an apparent plateau in his recovery.

Both Elizabeth and Herbert agree that HUMAC NORM—and specifically the objective data it provided—helped them secure more physical therapy visits for Herbert. Herbert explains:

"[Isokinetic training was] the one thing actually increasing my strength."

Suffice to say, he became frustrated when he was told it would be "taken away." But thanks to the data obtained during his HUMAC NORM training sessions, they were able to show his insurance company that his strength was improving yet still not back to its pre-injury level—and therefore justify approval for additional visits.

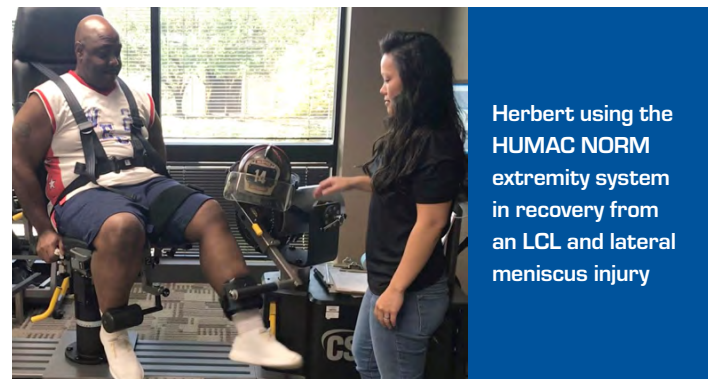
In addition to return-to-sport cases, the HUMAC NORM system at OrthoSouth is also used to support physicians' decisions regarding return-to-work protocols and transitions into work conditioning programs. "It helps figure out the next step," Elizabeth says, and **ensures that patients who are appropriate for additional care will have a better chance at receiving it.**

Herbert certainly isn't shy about sharing his perspective about isokinetic training and HUMAC NORM: "The unique resistance it offers strengthens you exponentially faster than anything you can experience and maximizes your output. There is no easy point, so you have to put that effort in all the way through the range-of-motion."

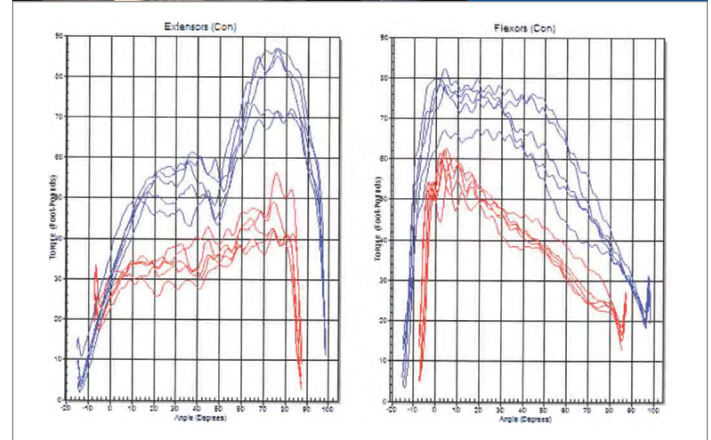
"It's the quickest gateway to get back to full functionality."

Today, Herbert is in a work conditioning program for post-operative recovery from a lateral collateral ligament (LCL) and lateral meniscus injury (left side this time). He recently introduced himself to CSMi's Charlie Hartman, who was in town installing a new HUMAC NORM at the University of Memphis Athletic Training center and visited at OrthoSouth for an inservice on the device.

The two men connected quickly—Charlie's own father was a 40-year veteran of the fire department, and Herbert was intrigued by CSMi's participation in the Firefighter Combat Challenge at this year's ACSM Annual Meeting. The Memphis native was happy to share his success story. **He is currently (and eagerly) awaiting the chance to resume training with HUMAC NORM as part of his current treatment plan. "I can't wait to get back on it."**



Herbert using the HUMAC NORM extremity system in recovery from an LCL and lateral meniscus injury



CSMi, Stoughton, MA, manufactures and markets the HUMAC NORM (formerly CYBEX NORM) Isokinetic System worldwide. The HUMAC NORM is used in physical therapy, athletic training, industrial therapy, and exercise science to perform isolated joint measurement and training. For more information, **contact Rob Potash at (781) 297-2034 x106, or rob.potash@csmisolutions.com.**