



CASE STUDY

Fighting Fit Physiotherapy streamlines treatment with reliable, repeatable testing.



Snapshot

Fighting Fit Physiotherapy has integrated VALD's full suite of products into their clinic to provide clients with comprehensive assessment, diagnosis, high quality treatment, and ongoing testing for all musculoskeletal conditions.

NordBord, ForceDecks, ForceFrame and HumanTrak are incorporated into every client program to facilitate comprehensive assessments, sound diagnosis and high-quality treatment. Fighting Fit provides a variety of services to its client-base, including physiotherapy, exercise physiology, strength and conditioning, and fitness testing, with VALD's technology helping to guide decision making across all.

Dean Phelps is the owner of Fighting Fit Physiotherapy, holding a Bachelor of Human Movement Science (Honours) and a Master of Physiotherapy. In this case study, he explains how he uses VALD products in his business and how they provide considerable insight into his clients' rehabilitation - no matter the injury.



How VALD technology is used at Fighting Fit Physiotherapy

Fighting Fit use VALD technology to test, measure and prescribe across a wide range of population groups and cases; from measuring performance gains in elite athletes and 'weekend warriors', to determining balance in older patients, and assessing range of motion (ROM) in a post-operative shoulder injury.

Dean elaborates, "from diving deep into the clinical reasoning of why we are prescribing a certain exercise, to measuring a treatment effect, or proving progression over time with the patient – there are few cases where we wouldn't, or couldn't, use a piece of VALD technology to test, measure and prescribe from."



Using VALD technology to improve client engagement

Overall, the client experience with VALD products and technology has been incredibly positive “clients are intrigued, informed, encouraged, engaged, motivated, committed, competitive, and have become increasingly focused on their own personal outcomes. ‘Is it better than last time?’ is one of the most common terms heard each time we test” stated Dean.

Fighting Fit have experienced first-hand the benefits that VALD technology provides their clients, and importantly, the growing rate of engagement they each have with their rehabilitation and exercise programs. Dean explains, “People want to fully understand what’s wrong with them and have the proof that what we’re doing to help correct them actually works. It validates the reason why they need to continue with treatment and creates trust in us, the practitioner, and the whole process as a result.”

Dean has also found that the improved rate of engagement has led to fewer patient dropouts, more positive outcomes, and ultimately, a better health care business. “The data allows you to remove the emotional impacts of pain and injury to focus on the functional improvements. So, if a client comes in feeling bad or doubtful about their treatment progress but can be shown logically that their performance is improving, it works wonders in overcoming those negative thoughts and feelings. So, they continue the path to success, rather than dropping off” said Dean.



Fighting Fit's approach to internal adoption of VALD technology

Technology is integrated into all aspects of Fighting Fit's clinical practice; with every member of the team currently using VALD technology. Dean emphasises that their approach to mandatory internal adoption "creates consistency through systemising treatment processes, as well as increasing the reliability of tests and re-tests across disciplines."

Further, because of this high rate of internal adoption, the consistent collection and accurate collection of data has helped to improve both communication and the flow of information to external providers. Dean explains "from communication with general practitioners and specialists, to reporting for work cover and insurance claims, or handing over patients to other providers in national teams – the data we collect has helped to streamline all of this"

Personalising the testing and injury management processes

Fighting Fit tailors the selection and use of each VALD product dependent upon the type of injury being treated, the style of tests required, and of course, the patient themselves; “I don’t think we have come across a condition that the VALD suite couldn’t be used for” said Dean. Outlined below are some key examples of how VALD products are used at Fighting Fit:



Post operation rotator cuff tear in work cover claim:

HumanTrak for ROM, ForceFrame for internal and external rotation strength testing across set time periods to discharge.

Balance and Falls: HumanTrak to look at Centre of Mass (CoM) changes in single leg or tandem stance pre and post a falls reduction program.

Lateral Hip Pain: ForceFrame to measure hip abduction strength in 45, 90 and 0 degrees across the treatment journey.

Whiplash assessment after a motor vehicle accident:

ForceFrame to test muscle strength i.e. maximum voluntary contraction (MVC) for P1/P2 values and improvement.

Hamstring injury in recreational AFL player:

NordBord to assess hamstring strength at time of injury, then at set time points across rehab journey. Again, NordBord, to test and measure the effect of eccentric hamstring program, determine progressions of exercises and monitor return to play.

Performance in Mixed Martial Arts athletes:

ForceDecks for Countermovement Jump, Squat Jump and Isometric mid-thigh pull to measure performance gains from a periodised block, assess fatigue and readiness to train and even look at the individualised effects of weight cutting on performance to educate the athlete on best ways to cut or determine best weight division.

Post fracture elbow dislocation of a high-level veteran motocross competitor:

Using ForceFrame to test, monitor and isometrically exercise during early to mid-stages of conservative rehab.

Post operation Pectoral muscle rupture:

HumanTrak for shoulder ROM, ForceDecks for outer range long lever strength testing (Athletic Shoulder (ASH) Test) and ForceFrame for Internal/External rotation strength.

Summary

Fighting Fit Physiotherapy have integrated a suite of VALD products and technology into their clinic, resulting in a higher level of individualised care for each patient.

Frequent, detailed testing used by all therapists in the clinic means that each client receives a comprehensive insight into their condition and high-quality care to ensure that they can return to life or competition sooner.

Dean sums up his clinic's philosophy; "If you're not testing, you're always guessing. You need to monitor the improvements of your treatments every session, and to do this to today's standards you need the best technology around."

If you want to learn more about NordBord, ForceDecks, ForceFrame and HumanTrak, contact us at info@VALDhealth.com or visit our website VALDhealth.com