

## ROWHEELS USER CASE STUDY #1 03/20/2016

Name: Scott Chesney

Injury Type: T-7 Complete Spinal Cord Injury

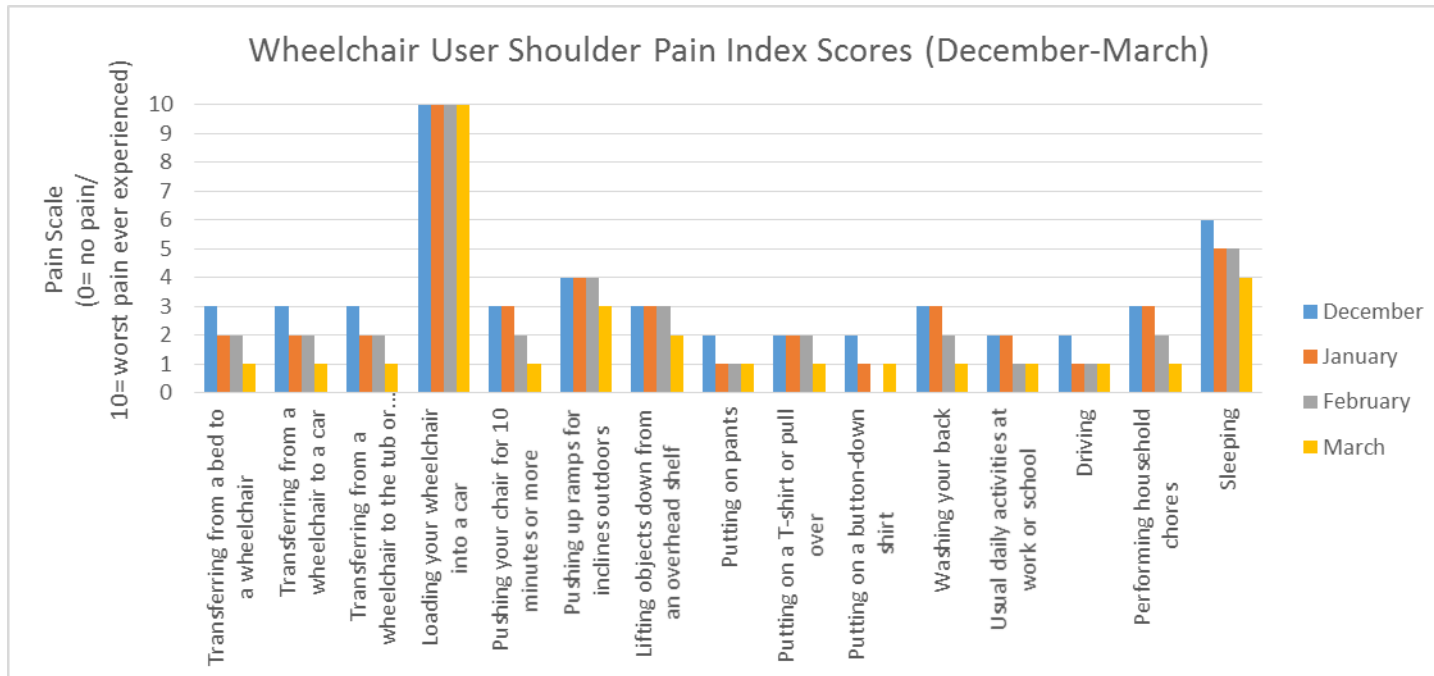
Year of Injury: 1985

Most recent Upper Extremity Diagnosis: Left and right shoulder Subacromial Bursitis accompanied by moderate to high levels of a pain when performing ADLs

Time using the REV1: 4 months

Clinician: Pratiksha Chesney, PT, DPT

User completed four Wheelchair User Shoulder Pain Index (WUSPI) evaluation forms, one for each month of use. A small summary by the user as well as by user's wife, who is a physical therapist, was also included and shown below.



Month	User Assessment	Physical Therapist Assessment
December	Today was the first day I began to use Rowheels. Up until this point I have battled occasional shoulder pain from living life with paralysis for 30 years (12/28/85). As a T-7 paraplegic, I am constantly challenging my shoulder with activities of daily living, from pushing the wheelchair regularly and rigorously, to transfers, changing, etc. The pain has been manageable with the most pain being experienced when pushing up inclines and also sleeping, as I am one who sleeps with his arms and hands above my head.	Scott has been complaining of pain in the anterior and lateral portion of bilateral shoulders, especially during active movement. Scott has been prescribed meds to alleviate pain symptoms by his primary care physician. It is promising to learn about the perceived benefits to Scott's complaints of chronic shoulder pain, through initiating daily use of Rowheels.

January	<p>After one month of using REV1 Rowheels, I have noticed remarkable changes to the amount of pain I had been experiencing. Other than using the REV1's, I have made no other changes to my daily routine. In all areas of my life where I had experienced pain, I have seen a significant decrease in my pain. There is now little or no pain in my transfers and other activities. There is still significant pain when pushing up inclines and sleeping, but the pain in both of those areas has decreased slightly as well.</p>	<p>Scott has reported being off of his pain meds this past month, with minimal change in his activity level. He has been using his Rowheels consistently, despite the learning curve experienced when any new activity is implemented. He reports a noticeable reduction in pain.</p>
February	<p>After two months of using REV1 Rowheels, the pain in all areas of my life has continued to decrease. Again, the only change I have made in my daily routine has been the daily use of REV1's. Even the most significant areas of my life where pain has been experienced, when pushing up inclines and sleeping, have decreased.</p>	<p>Scott has been experiencing less pain in and around his shoulders during his activities of daily living since having started use of Rowheels. He continues to report pain while sleeping (in his preferred method, bilateral external rotation and abduction) and upon propelling up regulation inclines.</p>
March	<p>After three months of using REV1 Rowheels, I continue to see a reduction of shoulder pain across all areas of my life. Even the significant pain that I experienced in December when pushing up inclines before using the Rowheels, has vanished. The only pain that has not totally subsided has been my shoulder pain while sleeping. While still somewhat uncomfortable, it has become much more manageable and has gradually improved.</p>	<p>Scott reports he is becoming more comfortable using the Rowheels product, more fluidity of motion while navigating throughout his daily environment. His ability to manage his now more ingrained motion for wheelchair propulsion has translated into to further reduction of pain during a typical day's tasks for a paraplegic.</p>