

PHYSIOTHERAPY-LED TRAUMATIC SHOULDER PAIN

VIRTUAL GROUP
CONSULTATIONS (VGC)



Tyneside Integrated
Musculoskeletal Service

"I would recommend that VGC are offered to all suitable patients."
John Paul Gowland -
Clinical Specialist Physiotherapist

OUR CHALLENGE

Traumatic shoulder pain accounts for 70% of all cases of shoulder pain, making it the most seen upper limb condition in our clinic.

This patient cohort requires exercise, support & education to manage their condition.

Patients are traditionally seen on a 1-2-1 basis, taking up a lot of clinical resources, leading to increased patient waiting times.

WHAT WE DID

- We developed a VGC programme that provided quicker appointments and gave us more time with our patients.
- We took a whole team approach to our training with Group Consultations, with our physiotherapy exercise assistants trained as facilitator.
- Patients were seen over 3 session (each a month apart). We were able to observe their range of motion & mobility easily on video screen during each session.
- VGC gave us more time to explore patients thoughts, expectations & fears. This is a key component of the management of traumatic shoulder pain.

THE IMPACT VIRTUAL GROUP CONSULTATIONS HAD



**Pain Levels
Reduced**
from 5.7 to 1.5
(VAS)



**QuickDASH
reduced**
from
37.45 to 12.42



**Clinical
Efficiency**
over 300%
time saved



**Abduction
increased**
from 99 to 176
(on average)

WHAT PATIENTS TOLD US:

(Scored: 'same as before or more than')



felt more listened to



felt able to keep themselves healthy



felt more able to understand their condition



would recommend it to friends & family



would consider attending a Group Consultation for another health condition



felt more able to cope with having their health condition

For more information about how we can help you to set up & implement Group Consultations, please contact our team at:
info@groupconsultations.com or visit www.groupconsultations.com



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