



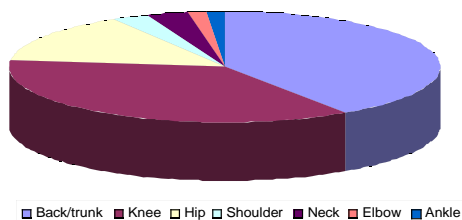
## Participation in Madonna TherapyPlus Structured Independence Program results in improved clinical outcomes: March 2006 - June 2007

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The Structured Independence Program (SIP) at Madonna ProActive enables physical and occupational therapy patients who have been discharged from any of the Madonna TherapyPlus clinics to continue their exercise program at ProActive for 30 days free of charge.

At the time of discharge from therapy services, the physical or occupational therapist establishes a specific exercise program for each participant. These programs may consist of exercise on cardiovascular and weight equipment, the lap pool, warm water pool or aqua track. Classes such as yoga, Pilates and aerobics are also included, as indicated. SIP

Structured Independence Participant Categories  
Functional Gain (n=69)

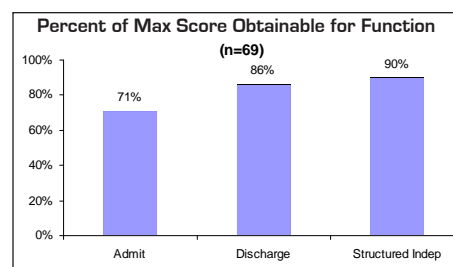


Graph 1 (above) illustrates the breakdown of all the participants into their appropriate diagnostic categories for function. The three largest diagnostic categories were knee, back/trunk and hip.

participants are able to access physical therapists, occupational therapists, exercise physiologists and group exercise instructors for questions or assistance.

Function and pain outcomes of the participants are assessed using the orthopedic function and pain change tool, which was developed by TherapyPlus and has been utilized since Nov. 2004. The function component of the tool consists of a five point rating scale for various functional activities, including standing, sitting, kneeling, lifting, etc. The pain change portion of the tool consists of an 11-point scale rating pain with each functional activity being assessed. The tool pertains to eight specific diagnostic groups, including back/trunk, hip, knee, ankle/foot, neck, shoulder, elbow and wrist/hand (see Graph 1). The function and pain ratings are taken at the time of initial evaluation for therapy services, discharge from therapy and completion of SIP. Function and pain scores are then rated as a percentage of the maximal score obtainable.

During the first year of this program, 260 discharged TherapyPlus



Graph 2 (above) shows the self-rated function improvements in various activities. Significant improvement is noted between therapy evaluation and discharge with additional improvement occurring after SIP completion.

patients participated in SIP. Despite the large number of participants, only 69 had complete data scores for function and 33 for pain at the time of therapy evaluation, therapy discharge and SIP completion. Further assessment of the 191 participants in the non-complete data group was conducted and no trends were able to be derived.

Function results show a 15% increase in maximal function scores and a further 4% increase after SIP (see Graph 2).

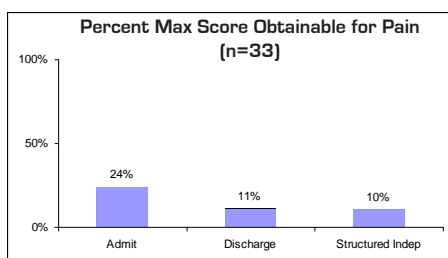
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## Pain Change Outcomes

Collection of pain change data for SIP did not start until September 2006, resulting in a smaller population. Results showed a 13% decrease with pain after therapy and an additional 1% decrease after SIP (see *Graph 3*).



*Graph 3* (above) shows the reported self-rated pain improvements in various activities. These ratings are based on the percentage of maximal score available per diagnostic category. Significant improvement is seen from therapy evaluation and discharge. Additional improvement is noted at the conclusion of SIP.

## Summary

Overall, significant improvements for function and pain change were noted from the beginning of therapy to discharge from therapy services. Further functional gain and pain reduction was noted with the completion of SIP. The participants who improved most significantly with

SIP were those whose rates of usage were highest. Without a control group to assess 30 days after their discharge from therapy, we cannot determine if those patients who did not participate remained the same or had functional loss or increased pain after discharge from therapy.


In addition to the positive pain and function outcomes, SIP is also a satisfier for many of the TherapyPlus patients. They report valuing the opportunity to continue their program 30 days free of charge, while having a team of experienced staff, including therapists, exercise physiologists and group exercise instructors, to assist with questions.

TherapyPlus is dedicated to ensuring that our patients achieve the highest outcome possible for their particular case. Our emphasis is on the continuum of care, as we not only want to address the patient's current need, but provide them the resources needed to assist them with a commitment to continue with the activities that will benefit their condition and improve their quality of life.

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