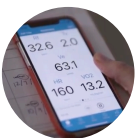


Exos x Cigna Health Movement Quality and Pain Program Results

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Pain management can be a challenge to not only manage but to triage to appropriate care. Self-care or supervised treatment via a physical therapist or medical practitioner are typical routes for those experiencing pain.

The following summarizes the Exos study with Cigna Health to identify and triage participants and evaluate subsequent pain outcomes.



Objectives

1. To assess changes in pain management and associated MSK-related costs after an 8-week intervention study.
2. To evaluate the effectiveness of the Exos Journey PQ and 3DMQ to identify and triage eligible employees into one of two paths: unsupervised (self-care) or supervised (physical therapist).
3. To assess changes in reported pain, movement quality, perception, and satisfaction.



Methods

Sample inclusion criteria:

- Adults 18+ years
- Reported pain
- Not currently engaged in pain management program

Triaged:

- Self-care and Supervised (PT)
- PT group weighed more, had higher BMI, and lower Exos Journey PQ ($p < 0.05$)
- Over half reported 30 min MVPA at least 5 days/week
- 75% of participants had experienced pain >1 year
- Lower back, neck, and hip were sites most reported for pain; ankle, foot, and arm had greatest pain intensities

Supervised Physical Therapy:

- Prescribed average 12 PT sessions
- Average 90% compliance

Results Summary

Movers Moving More

- Significant reduction in proportion of participants negatively impacted by physical activity (PA)
- Activities reported “likely to re-engage after study” were more vigorous in nature
- >33% reported more PA after study intervention with no difference between groups

Participant Pain

- Pain volume reduction of 40.4% in PT vs. 20.5% in self-care
- Average pain intensity reduction of 2.6% in PT vs. 30.6% in self-care
- Shift in pain management methods (not statistically significant)
 - Self-care: more massage; less OTC meds, chiropractic, and acupuncture treatment; and added mind-body therapies
 - PT: more PT, dietary therapies/supplementation, and mind-body therapies; less prescription and OTC meds
 - >94% of the PT group experienced improved pain status compared to only 16% in the self-care group

Overall Experience

- 92% would recommend this study to a friend
- 89% said PT was Extremely Valuable (5/5)
- Participant satisfaction was greater for PT than for self-care
- Excellent NPS (89) for physical therapist
- Perspective change: medication isn’t the only option

Insights

Supervised (physical therapy) participants experienced greater reduction in pain volume and better study satisfaction.

Overall, all participants were more likely to return to more vigorous activities and shifted pain management methods to less medication.