TrackDX — Physician Summary

Condition: PT - R Rotator Cuff · Daily severity tracking · Generated Nov 26, 2026
May 19, 2026 – Nov 26, 2026

Logged 163 of 192 days (85%). Blank days are days the patient did not record, not symptom-free days.

CURRENT TREATMENT

Medications

None current.

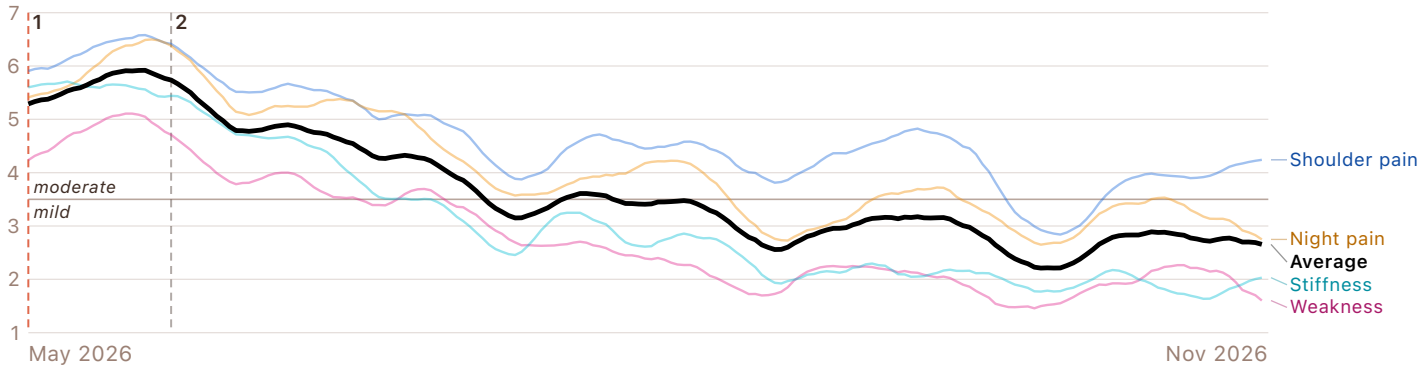
Procedures — last 9 months

Trigger point injection — Mar 12, 2026
PT course started — Jun 10, 2026

SEVERITY TREND

Axis zoomed: full scale is 0–10

Avg severity last 7 days vs. previous 7 days: **-20% decrease in severity (–0.6 points: 2.4 vs. 3.0)**



1. Trigger point injection — Mar 12, 2026
2. PT course started — Jun 10, 2026

Note: each patient varies in their perception of symptoms. Mild, moderate and severe vary per person. Recommend focusing on changes from baseline.

SEVERITY BY SYMPTOM ACROSS THE TREATMENT COURSE

	Before Trigger point injection* (estimated)	After Trigger point injection (22d)	After PT course started (169d)
Shoulder pain	7.5	-15% (-1.2)	-30% (-1.9)
Night pain	7.0	-14% (-1.0)	-36% (-2.1)
Weakness	5.5	-13% (-0.7)	-47% (-2.3)
Stiffness	6.0	-6% (-0.3)	-51% (-2.9)
Average	**6.5**	**-12% (-0.8)**	**-40% (-2.3)**

First column = average severity (0–10) before the first procedure. Each later column is the interval after that procedure: the change from the column to its left as a %, with points in brackets. Green / red = 20%+ better / worse.

** Estimated by the patient (no daily logs before this procedure); recalled severity tends to run high, so the change may be overstated.*

TRIGGER EFFECT BY SYMPTOM — CHANGE IN SEVERITY

Trigger	Average	Shoulder pain	Night pain	Stiffness	Weakness
Lying on that side	**+31% (+1.2)**	+29% (+1.4)	+27% (+1.1)	+30% (+1.0)	+43% (+1.2)
Reaching overhead	**+28% (+1.0)**	+25% (+1.2)	+28% (+1.2)	+33% (+1.0)	+28% (+0.8)
Lifting/carrying	**+25% (+0.9)**	+19% (+0.9)	+27% (+1.1)	+23% (+0.7)	+32% (+0.9)
Reaching behind back	**+7% (+0.3)**	+7% (+0.3)	+4% (+0.2)	+0% (+0.0)	+20% (+0.6)
PT session	**+7% (+0.3)**	+4% (+0.2)	+5% (+0.2)	+9% (+0.3)	+12% (+0.3)

*Change on days the trigger was logged as a % of that symptom's average, with points (0–10) in brackets; adjusted for the other triggers. Green / red = 20%+ milder / worse (and ≥ 0.5 points). * Logged on fewer than 5 days.*

TrackDX
www.trackdx.net TrackDX is available on the Apple App Store and the Google Play Store.

TrackDX is a personal tracking tool, not a medical device. The insights are statistics based on what you log — they are not medical advice, a diagnosis, or a treatment recommendation. Always consult a qualified healthcare professional about your condition.