Tinnitus Synergy Priority and Progress

(Any questions? Send us an email to support@TinnitusSynergy.com)

Hi there. Notice the "Priority" column. The number "1" indicates the "lesson" you should begin with....
"2" the second one, etc. You don't need to finish all the activities in a "lesson" before beginning another one, but get a good start on it first. You may click on the links to access the information. Printing it out after clicking will be helpful often and necessary at times. Synergy will fill in the numbered columns.

There are guidelines for specific "classes" on the following pages.

(Note: The links below will not be accessible in the free version.)
VALUES BELOW ARE SAMPLES -- NOT RELATED TO your RESULTS OR RECOMMENDATIONS!

→ = Start now, X (or replaced w/score) =sent, ||||| or d/c (or greyed out) = discontinued or not needed, ✓ =rpt w/o score WEEK 05/26/2020 4 Date Priority / score **HEALTHY BRAIN** CBT-UT - Understand Your Tinnitus 5a CBT-TC - Thought Challenger 5b CBT-AC - Attention Control CBT-MRt[D,Q,R] - Muscle Relaxation 1 8 RtQFood + MIND diet cklst - Return to Qlty Food 7 Exercise cklst 9 Sleep is Good... NA MUSCLE CARE MCare-Eval-Easy MCare-Eval-Full 2 Neck Core exer 4 and Neck TPT 3 TMJ Self-care NA and TMJ TPT NA **AUDITORY** Masking (self-directed) ACRN, Notched ADT-s (123456789) 6 MC- Rg/HB/TP/ADT/M MC-ADT MM-0\$,1V,2N,3T MM-3T Intake signed Consult, Record sheet ("C", "RS") THI-total (THI) 77 (THI+ATPI, THI-ongo) THI-Funct 40 THI-Emot 21 THI-Catast 2 VAS-avg LOUD 4

Hyperacusis

6

Part 1 SUMMARY

- Quality Food: 10 out of 12, which is 83% -- 9 or below benefit most from the "Return to Quality Food" program
- Willing to work to Change your Eating?: Yes If you are willing to change, there is always hope, because we have great solutions.
- Sleep: 4, which means Good Sleep Quality. If you scored 6 or higher, you will likely benefit from a combination of the "Sleep is Good, Good Sleep is Better" program combined with the Cognitive Behavioral Therapy (CBT), especially the "Thought Challenger," and Progressive Muscle Relaxation for Tinnitus (PMR-t).
- Mind Affecting body: When asked if your tinnitus makes you Tense or Uptight, you said Yes. If yes, you
 may benefit from the "Progressive Muscle Relaxation" activity.
- Mind being Negatively Affected: Your Negative Thoughts score is: 23 out of 52, which is 44%. Those who score 35% or greater are very likely to benefit from the "Thought Challenger" activity.
- Willing to work to Change your Mindset?: Yes If you are willing to change, there is always hope, because we have proven CBT techniques to offer.
- Interfering with Activities: 12 out of 28, which is 43%. Scores 16/28 (57%) or above, meaning you tend to avoid activities often due to tinnitus, benefit most from the "CBT: Engage the Pleasant & Positive" activity.
- Physical Fitness Assessment: 12. Any score below 13 will likely benefit from the eating and exercise recommendations in the "Return to Quality Food" program.

Part 2 SUMMARY

- Tinnitus Handicap Inventory(THI): Total score: 77/100 = 77%
- Functional THI subscale: 40/44 = 91%. Have hearing loss?: No, I don't believe so, but it has not been confirmed by testing.
- Emotional & Catastrophic THI subscale: Emotional score: 28/36 = 78%, Catastrophic score: 9/20 = 45%
- Hearing test done?: Uploading test results?
- Loudness Avg VAS: 4
- How bad is your hyperacusis? 6
- Tone Profile: Primary: 500. Non-pure description: Tea Kettle Static, Screeching
- Tinn. for How Long?: 8 months
- Makes Tinn. worse: Loud noise
- Makes Tinn. better: Trigger point therapy
- Neck Co-vary: Does your Neck & Tinnitus get better/worse at same time?: Yes
- Head-forward Posture: Yes
- Low-pitch + Neck posture worsens T?: Yes
- TMJ Co-vary?: No
- TMJ-Tinnitus Profile: 3 (5 or more predictive)