

AI-Powered MSK Analytics for Faster Care, Better Outcomes, and Smarter Growth

Client Challenge

The Client is a digital health company focused on **musculoskeletal assessment, posture analysis, and clinician decision support**.

Their platform helps physical therapists and healthcare providers use **computer vision, 3D body modeling, and data analytics** to improve patient outcomes.

But growth created friction:

01

Too much **manual paperwork and reporting**

02

Low patient **throughput**

03

Limited visibility into **clinic performance**

04

No clear view of **population health trends**

05

High clinician time **cost**

06

Fragmented, non-**standardized data**

Clinicians were spending too much time on admin instead of care.

The goal was simple: **reduce physician burnout while maintaining care quality.**

Solution Delivered by Zfort Group



Zfort Group built a secure healthcare analytics platform that turned clinical and operational data into clear, actionable insights.

The system collects patient-related data through ML-powered processing and anonymizes it before storage and analysis.

Think: less admin, faster assessment, clearer outcomes.

Zfort delivered:



Automated ETL
pipelines



Population health
dashboard in Lightdash



Notifications and
insights for clinicians



Decision-support
recommendations



Data anonymization
and compliance layer



EHR Data Integration
and Normalization



Centralized data
warehouse on Amazon
Redshift

Data & AI Layer

The platform created analytics and measurement infrastructure that tracks quality measures, cost outcomes, and population health improvements across patient cohorts.

01

Detecting posture and recovery patterns

02

Predicting patient progress

03

Identifying risk groups

04

Finding treatment effectiveness trends

05

Spotting operational bottlenecks

06

Recommending next steps for clinicians

AI-assisted capabilities included:

- **AI assistant:** predicts which patients may need earlier follow-up.
- **AI assistant:** flags recovery risks before they become bigger issues.
- **AI assistant:** helps clinicians act faster with less manual review.
- **In short: our AI predicts patient needs before other hospitals can.**

MSK Health & Movement Plan

Analytics Dashboard • Jan 1 – May 10, 2026 • 4,025 users • Single plan type

Avg MSK score improvement

+14.3 pts

▲ vs +11.1 pts prior cohort

Users with improvement

61%

of all rescanned users

Median time to improvement

18 days

from plan start to rescan

Users with regression

9%

▲ 2pp vs prior period

Rescan rate

22%

Median gap between scans: 28 days

4-wk streak → rescan conversion

31% → 22%

Score Change Distribution

MSK score delta at 60 days — all rescanned users

Delta Range	Percentage
< -22	3%
-22 to -10	6%
-10 to -5	9%
0 to +5	14%
+5 to +10	22%
+10 to +20	31%
> +20	15%

Sessions/week vs score improvement

Avg MSK delta at 60 days by weekly session frequency

Sessions/week	Avg MSK Delta
1 sess	+3.2
2 sess	+7.8
3 sess	+13.1
4 sess	+17.4
5+ sess	+21.6

MSK Risk at Intake

Risk tier — all first scans

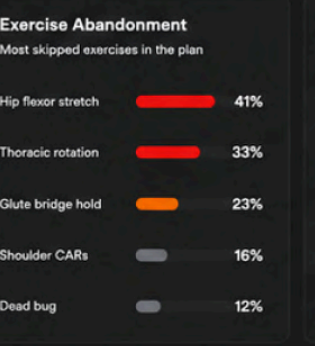
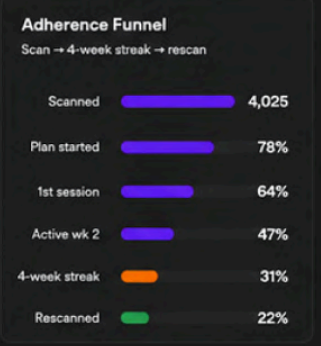
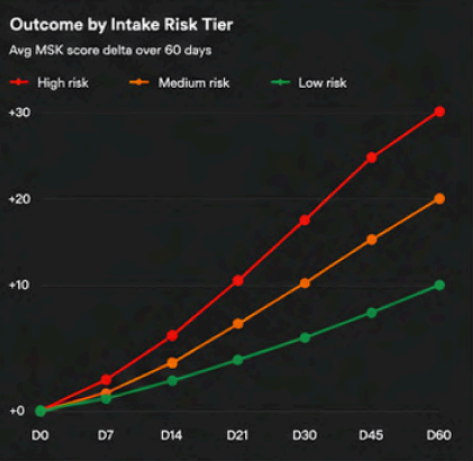
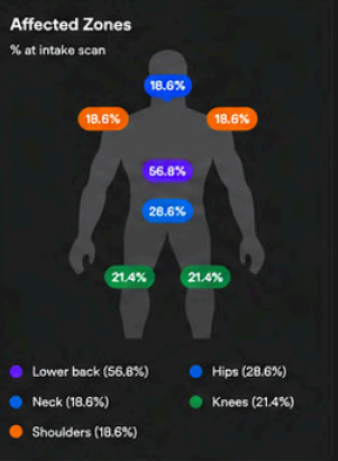
4,025 users

- High risk: 19%
- Medium risk: 43%
- Low risk: 38%

Session Activity Heatmap

% sessions completed — day of week x week of plan

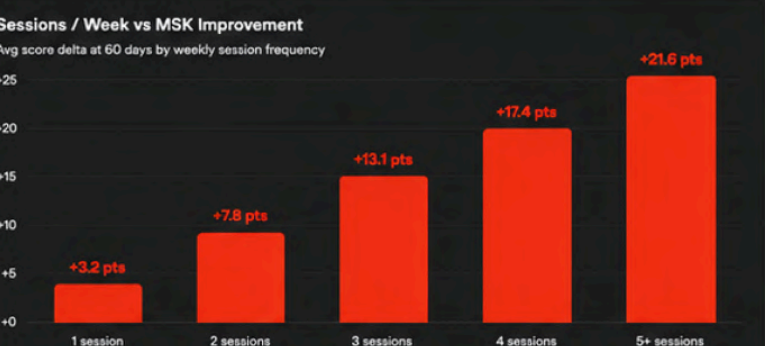
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wk 1	92%	74%	85%	66%	55%	32%	20%
Wk 2	85%	68%	78%	60%	48%	28%	16%
Wk 3	76%	60%	70%	52%	40%	22%	12%
Wk 4	66%	52%	62%	46%	34%	19%	10%
Wk 5	55%	44%	54%	38%	28%	15%	8%
Wk 6	44%	36%	44%	30%	22%	12%	6%



User Segments

Cluster share & MSK outcome

Segment	Share	Δ Score
Scan-only Never started plan	22%	—
Plan starter Active < 2 weeks	31%	+3 pts
Engaged 2-4 wks, 2+ /wk	28%	+11 pts
Long-term 4+ wks, rescanned	19%	+21 pts



Security & Compliance

Built for sensitive healthcare data:



HIPAA/GDPR-aware
architecture



Patient data
anonymization



Encrypted data
handling



Secure AWS
infrastructure



Role-based access



Audit-ready workflows

The foundation also supports AI/ML pipelines for US payers under BAA.



Results & Impact

01

60-70% reduction in administrative workload

02

25-35% increase in patient throughput

03

20% reduction in cost per patient session

04

Faster dashboard-based decision-making

05

Better visibility into population health metrics

06

Less manual reporting for clinicians

The platform helped reduce documentation time, one of the biggest drivers of clinician frustration.

Why It Matters

Healthcare teams do not need more complexity. They need tools that fit clinical workflows.

This platform helps teams:



Improve patient throughput



Track outcomes clearly



Optimize cost vs. quality of care



Scale with better data



Support clinicians instead of slowing them down

It also creates a foundation to **scale rapidly to new acquisitions** without rebuilding technology each time.



Zfort Group's



HealthTech Advantage

Zfort builds healthcare tools that complement existing systems.

For organizations facing EHR optimization and Epic limitations, the goal is not to replace Epic. It is to **build tools that complement Epic, not replace it.**

Zfort helps healthcare companies build:

01

EHR Data Integration and Normalization

02

Population health dashboards

03

AI-assisted care insights

04

Care management tools

05

Secure healthcare workflows

06

Patient engagement platforms

07

Mobile-first, multilingual, accessible member portals

08

SMS and app-based communication tools to reach populations without reliable internet

For payers and provider networks, this supports a key goal: **reduce Medical Loss Ratio without cutting care: population health risk models + care management tools.**



Business Value

The Client gained a scalable data foundation for clinical and business growth.

They can now see:

01

Which services to
expand

02

Which patient groups
need more support

03

Which treatments
drive better
outcomes

04

Where costs can be
reduced without
lowering care quality

05

How to grow using
real data, not
guesswork

And Today

The Client continues to evolve as a data-driven healthcare platform with stronger analytics, AI capabilities, and clinical efficiency.

The result: **less admin, faster care, better visibility, and a stronger foundation for scaling.**



To coordinate next steps please contact:

✉ Email: contact@zfort.com

☎ Phone: +1 202 9602900



ZFort Group - Your reliable partner

Contact Information