

CARING for PATIENTS DIGITALLY



Healthcare patients are increasingly interested in digital care

It's been a trend for years, and it was dramatically accelerated by the COVID-19 pandemic. The reality is more and more patients are looking to receive care digitally.

63%



of surveyed patients are interested in broader digital health solutions¹

48%



of respondents 50 years of age and older said they would be likely to seek virtual channels of care²

Digital care increases patient adherence

Studies show that digital rehabilitation improves exercise adherence when compared with non-digital rehabilitation.³

- Remotely monitored patients with chronic neck pain had **26% greater exercise adherence** than patients who were not monitored.⁴
- Patients with musculoskeletal conditions who received an app-based home exercise program reported a **20% increase in exercise adherence.**⁵

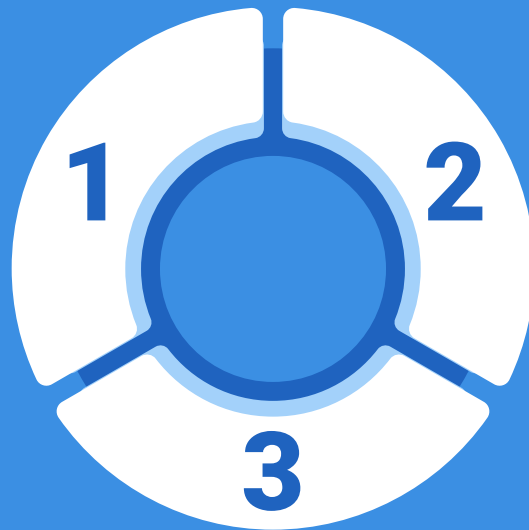


Support your patients digitally through Remote Therapeutic Monitoring

MedBridge Remote Therapeutic Monitoring (RTM) solution layers on to your existing workflow, giving you greater insight into your patient's progress outside the clinic. Take advantage of this additional information by following these steps:

1. Assign home programs via text and enable Remote Therapeutic Monitoring

Patients who receive a program via text or email log in 9 times more frequently than patients assigned paper programs.⁶



2. Communicate with your patients

Whether you send a message or connect in the clinic, talk to your patients about their activity and feedback. These check-ins help build a stronger therapeutic alliance.

3. Modify your patients' programs as they progress

A 2020 study found that progressive strength training reduced the occurrence of lower back pain by 75%.⁷ Help your patients achieve their goals by using insights from RTM to update their home program.

Which patients are a good fit for RTM?

While almost anyone can benefit from RTM, here are a few types of patients where remote monitoring would be especially beneficial:

- **Post-Surgical Patients:** Patients recovering from surgery benefit from frequent changes to their exercise program and are highly motivated to get back to their pre-surgery function. RTM allows you to take advantage of that motivation and update their program more frequently.
- **Low Back Pain:** Low back pain (LBP) is one of the most common injuries seen in Physical Therapy, and it's crucial for patients to be active partners in their care to strengthen and relieve back pain. By remotely monitoring LBP patients, they know you are invested and more likely to engage in their care.
- **Women's Health:** While you want to see your prenatal and postpartum patients frequently and in-person, that's not always easy given their busy schedules and other appointments. You can use RTM to stay in touch with your patients via messages so they can connect with you as soon as concerns come up.

“Remote [Therapeutic] Monitoring with MedBridge makes it so fun for me to check in on my patients' progress. 100% of my patients are now active and engaging with their home exercise programs....The ability for them to communicate with their provider right on the platform regarding pain and difficulty level makes it very easy to track their progress and interact with them for proper modification.”

— **Dr. Tracy Urvater, PT, DPT,**
Access PT Director

Getting started with Remote Therapeutic Monitoring

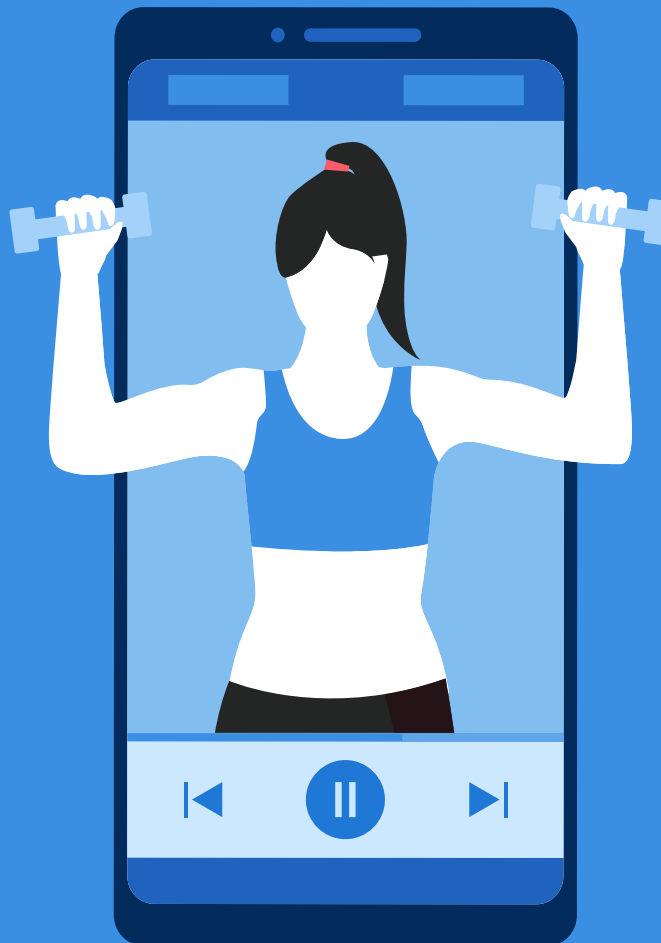
Your evaluation appointment is critical to set your RTM patients up for long-term success. **Follow these steps when onboarding your patients to MedBridge:**

1.

Make sure your patients **download the MedBridge Go app** before they leave the clinic.

2.

Keep your program simple with only 3 to 4 exercises to start. You can update and progress the program over time.



3.

Communicate expectations around patient activity and help them fit their program into their schedule.

4.

Let your patient know how you will use data to drive clinical decisions and **help them achieve their goals.**

Want to learn more about how to use MedBridge to provide digital care?

Visit the MedBridge Help Center at support.medbridgeeducation.com or scan the QR code to the right

1. McKinsey Physician and Consumer Surveys, 2020-2021
2. McKinsey Virtual Health Consumer Survey, February 2020
3. Digital rehabilitation programs improve therapeutic exercise adherence for patients with musculoskeletal conditions: a systematic review with meta-analysis, Zhang et al, 2022
4. Pain, disability and adherence to home exercises in patients with chronic neck pain: long term effects of phone surveillance, Gialanella et al, 2019
5. An app with remote support achieves better adherence to home exercise programs than paper handouts in people with musculoskeletal conditions, Lambert et al, 2017
6. MedBridge internal study
7. Effectiveness of a Group-Based Progressive Strength Training in Primary Care to Improve the Recurrence of Low Back Pain Exacerbations and Function: A Randomised Trial, Calatayud et al, 2020

