Digital Tools Case Study

Quick intro to yourself and any contact details you're happy to share …

I have been a Physiotherapist for the past 24 years and have mainly worked in the private sector and in professional sport. I work with a varied caseload of MSK patients and frequently rehabilitate patients post orthopaedic surgery. I also have an interest in website and app usability testing especially in the medical field.

What physio services do you provide? (e.g. specialty, conditions, location, patient demographics)

I provide MSK private physiotherapy in a small practice. I specialise in upper limb rehabilitation having worked with professional and amateur tennis players over many years. My patients are from a wide age group and many are physically active.

What tools are you using to deliver your physio services digitally?

I have been using myrecovery app with patients.

How have these services replaced face to face contact?

I have been using the app over the past 6 months with patients post shoulder surgery. The app has many benefits for the patient including that they can access daily support and education videos from their surgeon. The exercises are clearly explained via video images and this ensures the patient is following the correct protocol. Also the patient can log their pain and what exercises they have completed for the day.

What is the clinician's experience of using the digital tools?

This enables the physio to remotely adjust a patients exercises and also offer extra support if there are any concerns.

In the current circumstances using this remote app has allowed me to maintain contact with people doing rehab at home and monitor their progress whilst keeping them on schedule with their rehab protocol.

Do you have any patient feedback on digital physio service offer?

In its current form, the myrecovery app enables orthopaedic surgeons and other clinicians to make customised pathways that are tailored to each treatment. For example, I have been using Professor Len Funk's myrecovery app pathways, which have videos and content created by him and his team. So the focus up until now has been on pre-op planning and post-op support and rehab but the myrecovery team are developing new tools especially for physiotherapists and I have been involved in giving some feedback on the current and upcoming features.

Any top tips to others exploring using digital tools in physio services?

The myrecovery app developers ([msk.ai](msk.ai)) are working with a team of organisations to produce a free app to support people whose operations or post-op appointments have been postponed because of the coronavirus pandemic.