

A woman with long dark hair is shown from the chest up, holding a white smartphone. The phone screen displays a health tracking application with various charts and data points. The background is a soft-focus indoor setting with a window showing a view of trees.

 **Physitrack[®]**

e-Health succesvol integreren in uw praktijk





Comparing the results of virtual and in-person treatment

Background

A comparative observational study was conducted using data collected from routine care provided by qualified Ascenti physiotherapy practitioners. Patients involved in the study were referred to Ascenti for a range of needs.

The study involved exporting anonymised data that mapped the treatment journeys of 27,096 patients who had accessed virtual physiotherapy support before and during the Covid-19 crisis - running up until 10 June 2020. Of this population, 9,506 had received virtual-only treatment, while 17,590 had received a mix of virtual and face-to-face care.

A control group was then built using the data of 6,226 patients who had been treated with in-person physiotherapy only.

Results


Telehealth by physiotherapists in Australia during the COVID-19 pandemic

Interim Report - October 2020

OPPORTUNITIES FOR TELEHEALTH AND PHYSICAL THERAPY

What a New Patient Survey Reveals

Paediatrics
Protocol

Evaluating the effectiveness of home exercise programming and an online exercise prescription tool in children with cerebral palsy: protocol for a randomised controlled trial 

 Rowan W Johnson¹, Sian A Williams², Daniel F Gucciardi², Natasha Bear³, Noula Gibson^{1, 2, 3}

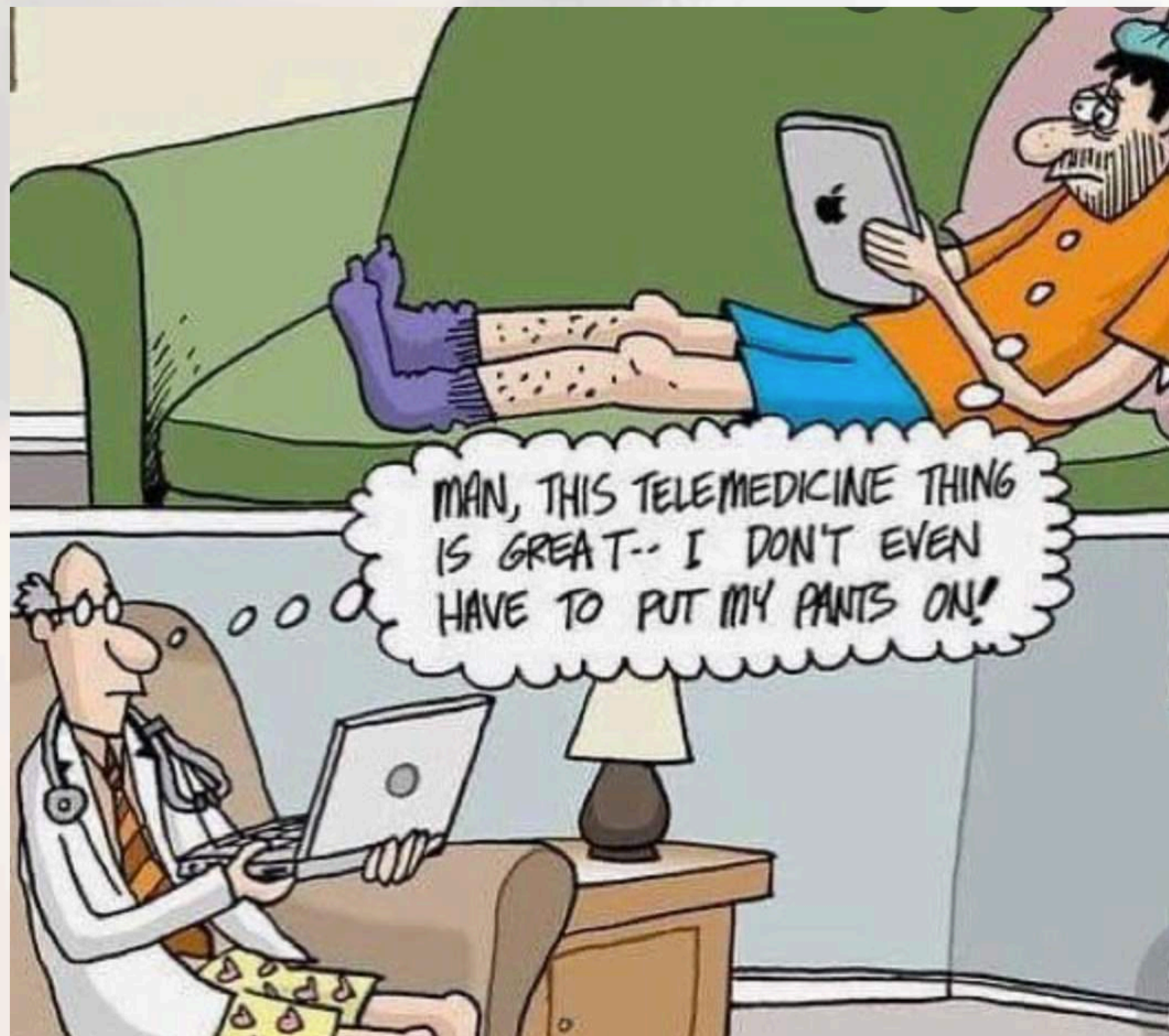
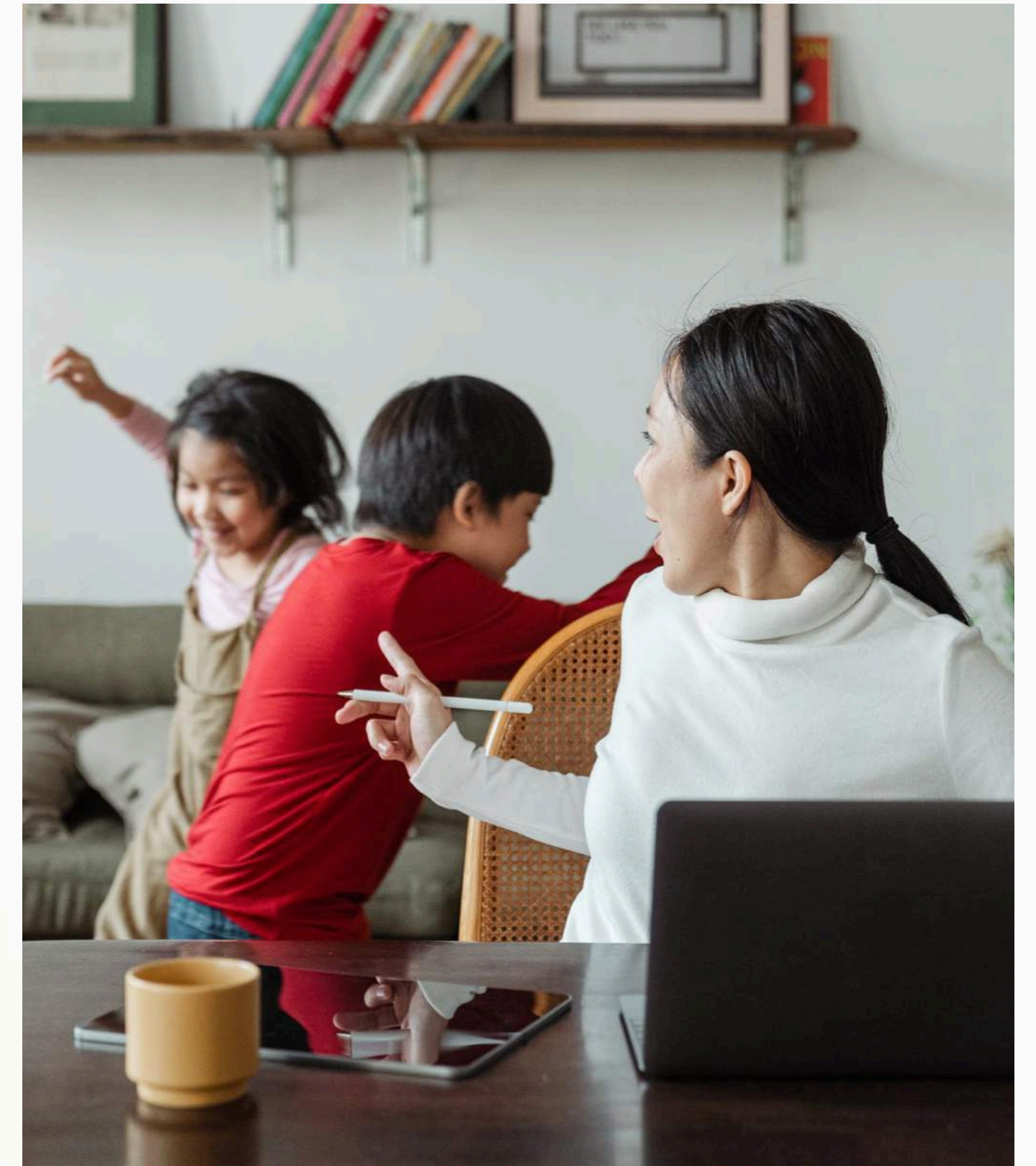
Correspondence to Rowan W Johnson; rowan.johnson@abilitycentre.com.au

Abstract

Introduction Children with cerebral palsy (CP) and other neurodevelopmental disabilities often require exercises to assist in reaching their therapy goals. Adherence to exercise programmes is necessary to achieve goals; however, adherence can be difficult to accomplish. In this paper, we describe a randomised controlled trial to evaluate the effectiveness of delivering a home exercise programme to children with disabilities using Physitrack, an online exercise prescription tool with a website or app interface.

Methods and analysis Participants aged 6–17 years, with CP or other neurodevelopmental disabilities, who are currently using physiotherapy services in Western Australia, will be recruited. Participants will be stratified by age

Physiotherapy
Research
Foundation



Verandering is niet altijd even makkelijk

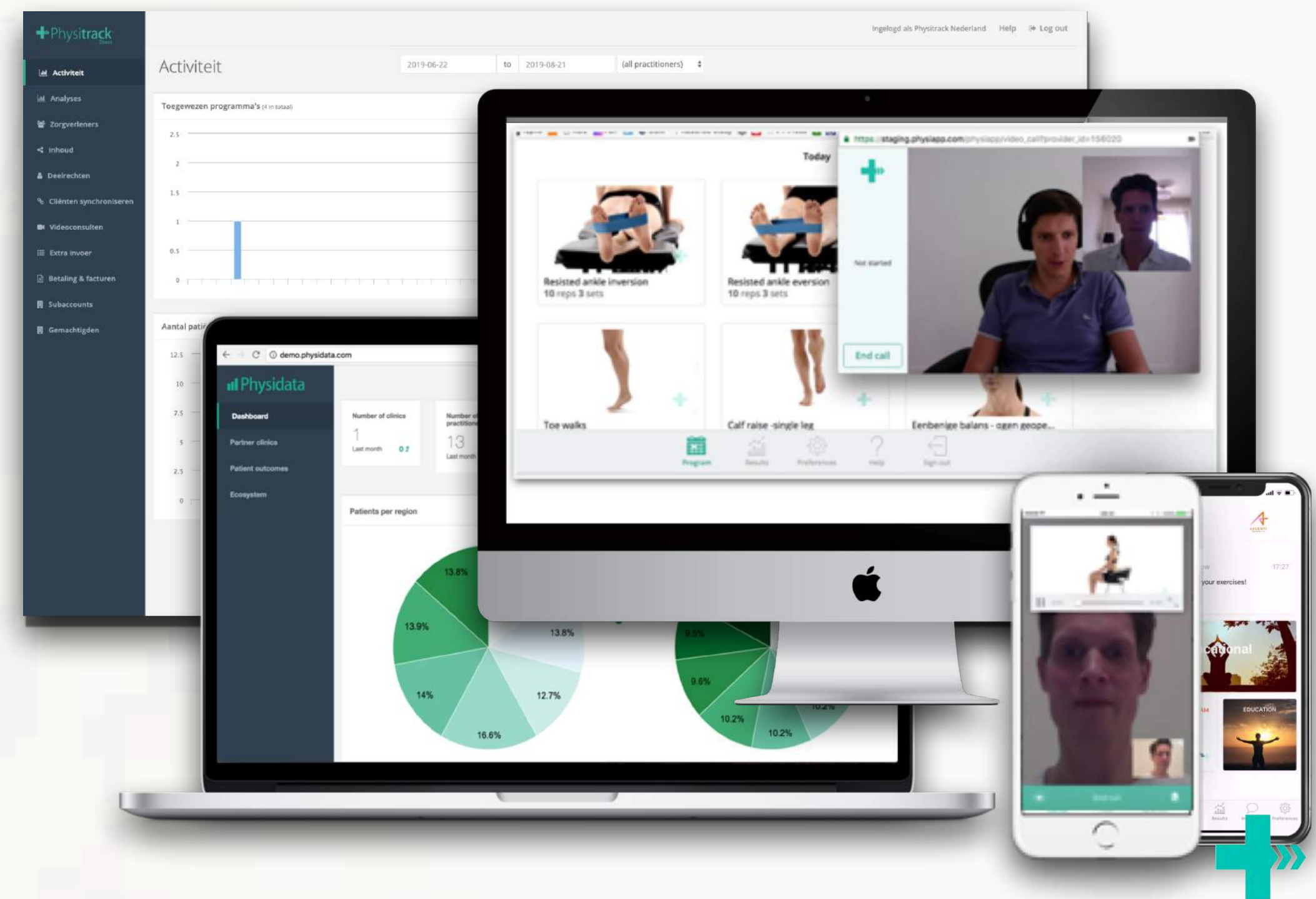
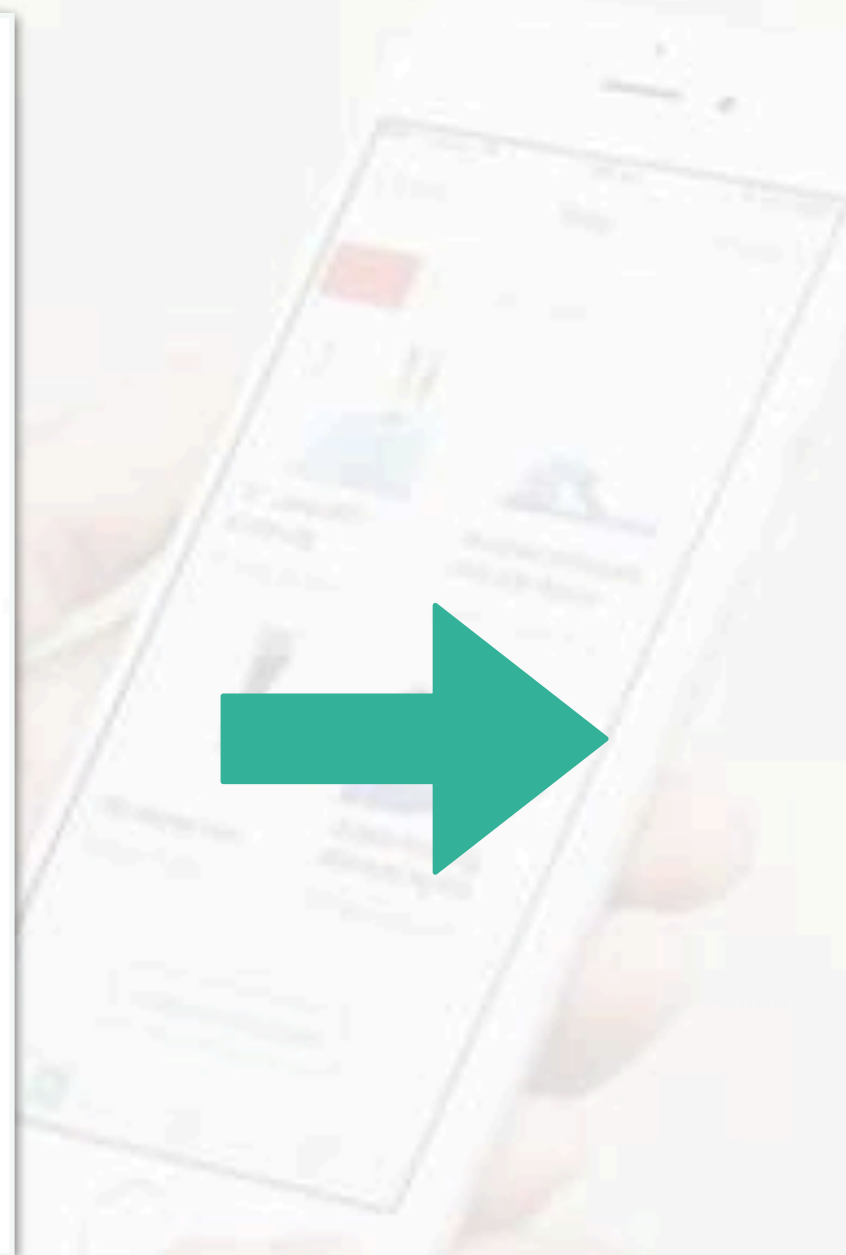
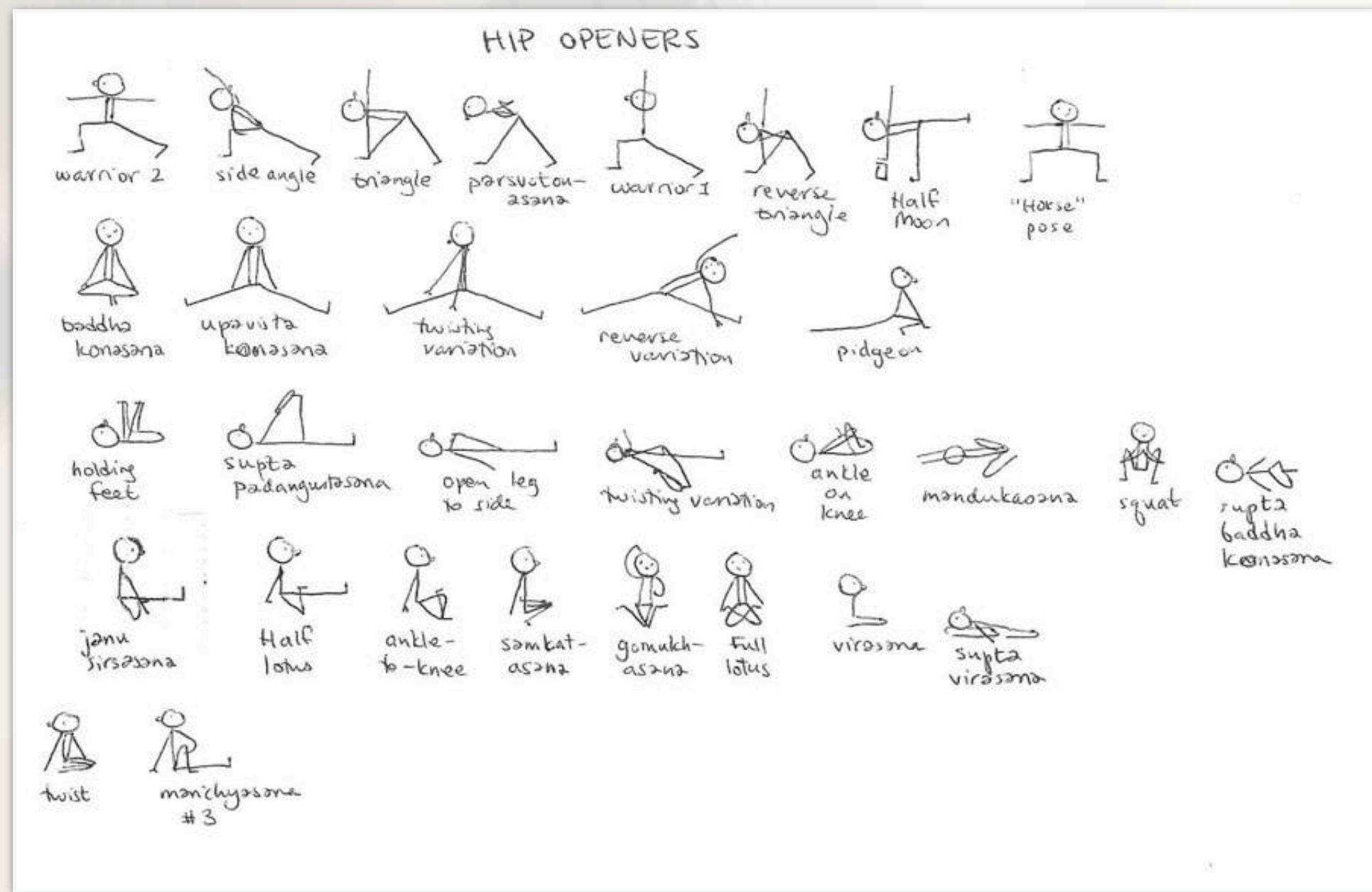


Credit to Scott Adams

Digitaal ≠ fysiek



e-Health succesvol integreren in uw praktijk



A woman with long dark hair is holding a white smartphone. The screen of the phone displays a dashboard with various charts and graphs, including a bar chart and a line graph. The background is a soft-focus indoor setting with warm lighting.

Change Management



ADKAR-model

A

Awareness (Bewustwording)

D

Desire (Verlangen)

K

Knowledge (Kennis)

A

Ability (Vaardigheden)

R

Reinforcement (Versterking)



ADKAR-model



Awareness (Bewustwording)

Waarom is deze verandering naar e-Health gewenst?





Physitrack

Solutions for: [Telehealth](#) [Exercise Library](#) [Pricing](#) [Try Demo](#) [Log In](#)

The world leader in remote patient engagement.

Physitrack COVID-19 response
Support quarantined patients and reduce cancellations with Physitrack Telehealth (Free, unlimited video calling plan included in every subscription)

Private Practices
Boost patient engagement with more than 100+ features from just \$11.99 per month contracts.

Occupational Health & Case Management
Scalable patient-facing onboarding and triage for better workflow.

Healthcare Systems & Hospitals
Improve clinician workflow and patient experience.

Elite sports
Athlete engagement that supports peak performance and efficient injury recovery.

[Try 30 days for free](#) or [get the online demo version](#)

[Contact us](#)





Awareness (Bewustwording)

- Organiseer een vergadering specifiek over dit onderwerp
 - Het implementeren van Physitrack geeft ons de mogelijkheid om...
 - ...therapietrouw te vergroten, patiënten te helpen die niet naar de praktijk kunnen komen, sneller te werken, een innovatieve praktijk te worden
- Plan individuele meetings met collega's ("open door policy")
 - Zorg ervoor dat iedereen de transitie begrijpt



ADKAR-model



Desire (Verlangen)

Creëer het verlangen onder alle betrokkenen
(zorgverleners, patiënten, collega's)





Desire (Verlangten)

- “Ik wil Physitrack gebruiken!”
- Betrek collega's/patiënten in het creëren van de benodigde oplossing
- Laat ze oefenprogramma's aanmaken
- Creëer aanmoedigingsprogramma's om Physitrack te gebruiken
- Physitrack gebruiker van de maand



Zoek oefeningen



Tips om geavanceerd te zoeken

Bron:

- Mijn eigen & met mij gedeeld (61)
- Physitrack (5201)
- Physiotools (26)
- Mobilus (3)

- Toon alleen favorieten
- Toon alleen nieuwe oefeningen
- Alleen print-vriendelijk

5201 oefeningen

Verwijder filters

Specialisme(s)

- Ademhaling (55)
- ADL (algemeen dagelijks leven) (49)
- Amputatie (19)
- Arbeidsomstandigheden (98)
- Cardiovasculair (87)
- Ergotherapie (251)
- Hydrotherapie (192)
- Kinderfysiotherapie (195)

Superman (beginner)

Lagere romp rotatie

Lang maken (SI mobilisatie)

Plank

Abductie heup in zijlig

Squat

Brug op de grond

Clams gesloten

Knie naar de borst

Squats bij stoel



ADKAR-model



Knowledge (Kennis)

Weten wat er gedaan moet worden voor een succesvolle transitie





Knowledge (Kennis)

- Trainingen
 - Physitrack gratis online trainingsprogramma (25min, in uw eigen tijd)
- Implementatie van de training
 - Wanneer gebruikt u Physitrack (bij welke patiënten)
 - Hoe gebruikt u Physitrack (infrastructuur)



A woman with long brown hair, wearing a white lab coat, is shown in profile from the chest up. She is holding a white smartphone in her hands and looking at the screen. The phone's display shows a medical application interface with various charts, graphs, and text. The background is a bright, slightly blurred indoor setting, possibly a clinic or office.

 Physitrack®

ADKAR-model



Ability (Vaardigheden)

Kennis in de praktijk: vaardigheden gebruiken door te oefenen





Ability (Vaardigheden)

- Start het gebruik van Physitrack/PhysiApp met collega's / patiënten die technisch een beetje vaardig zijn
- Organiseer vervoltrainingen (zie support.physitrack.nl voor inspiratie)
- Zet een buddy-systeem op
 - Expert zorgverleners helpen hun collega's



Zoek oefeningen

Tips om geavanceerd te zoeken

Bron:

- Physitrack (5200)
- Physiotools (26)
- Mobilus (3)

- Toon alleen favorieten
- Toon alleen nieuwe oefeningen
- Alleen print-vriendelijk

5200 oefeningen

Verwijder filters

Specialisme(s)

- Amputee (19)
- Aquatic therapy (192)
- Cardiovascular (87)
- Education & Daily living (49)
- Mental Health (94)
- Musculoskeletal (MSK) (2672)
- Neurology (690)
- Occupational Health & Safety (97)
- Occupational therapy (251)
- Paediatrics (195)
- Pilates (120)
- Respiratory (55)
- Senior health (836)
- Speech & Language (1)
- Sport (797)

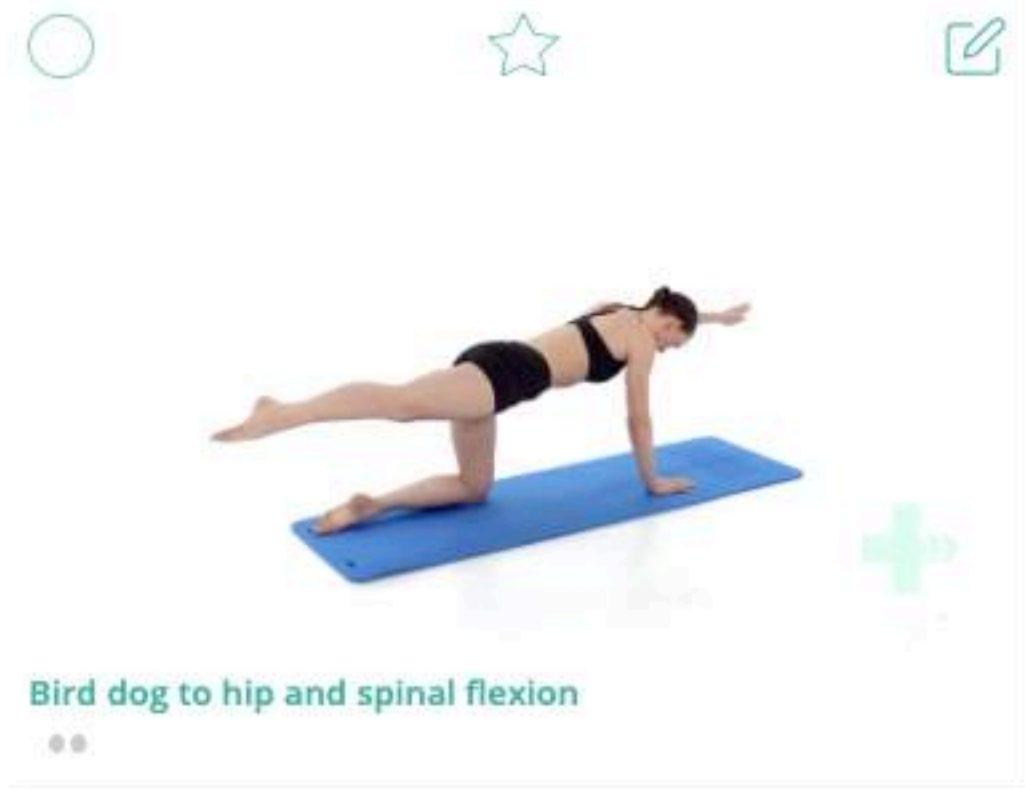
Toon meer

Gewricht(en)/Regio("s):

- Above knee amputation (1)
- Ankle (1283)
- Arms (620)
- Back (537)



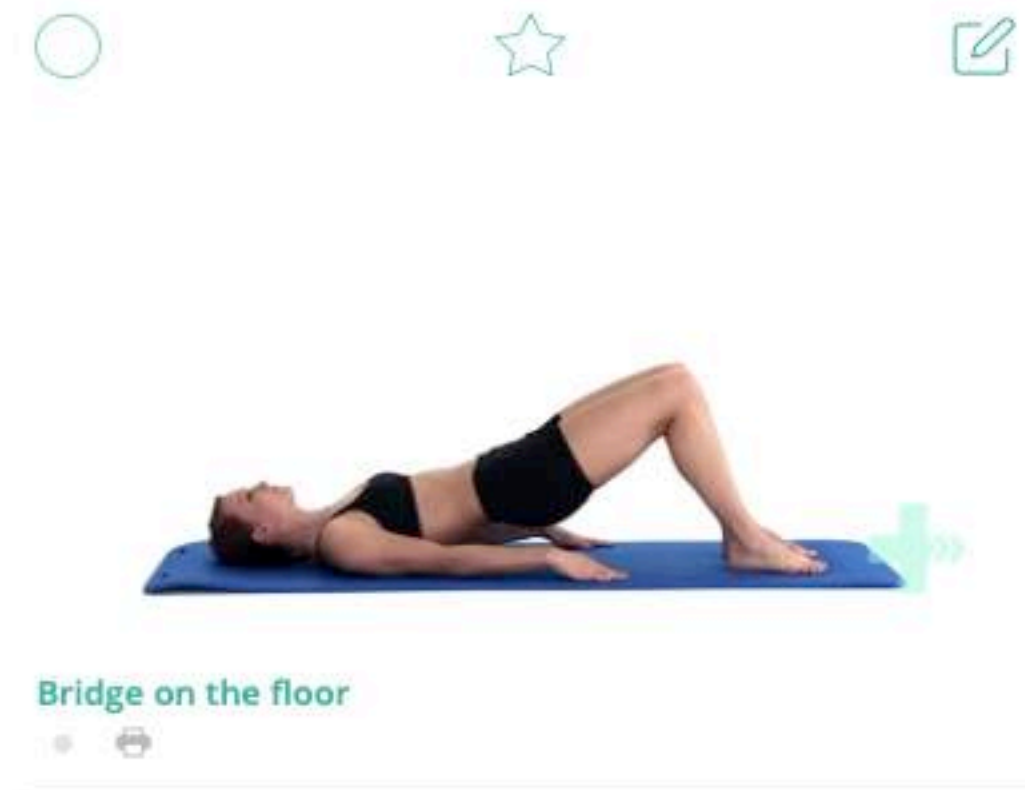
Bird dog



Bird dog to hip and spinal flexion



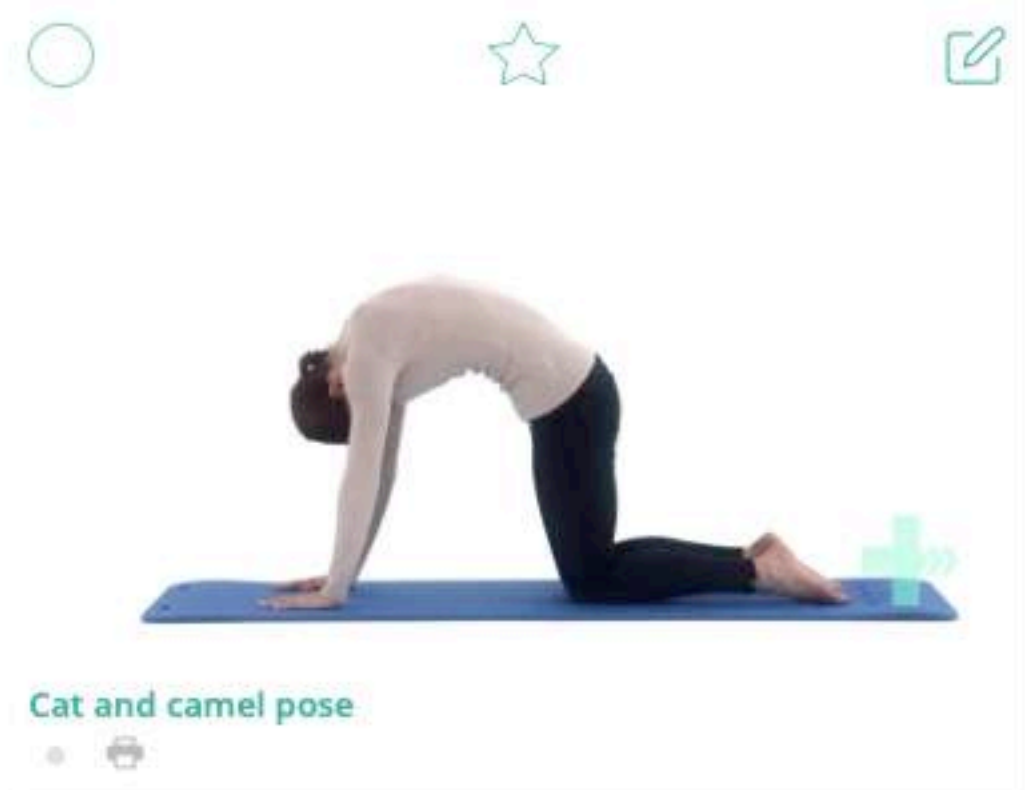
Plank



Bridge on the floor



Child pose



Cat and camel pose



Piriformis stretch



Dead bugs






ADKAR-model



Reinforcement (Versterking)

Stimuleren via positieve feedback





Reinforcement (Versterking)

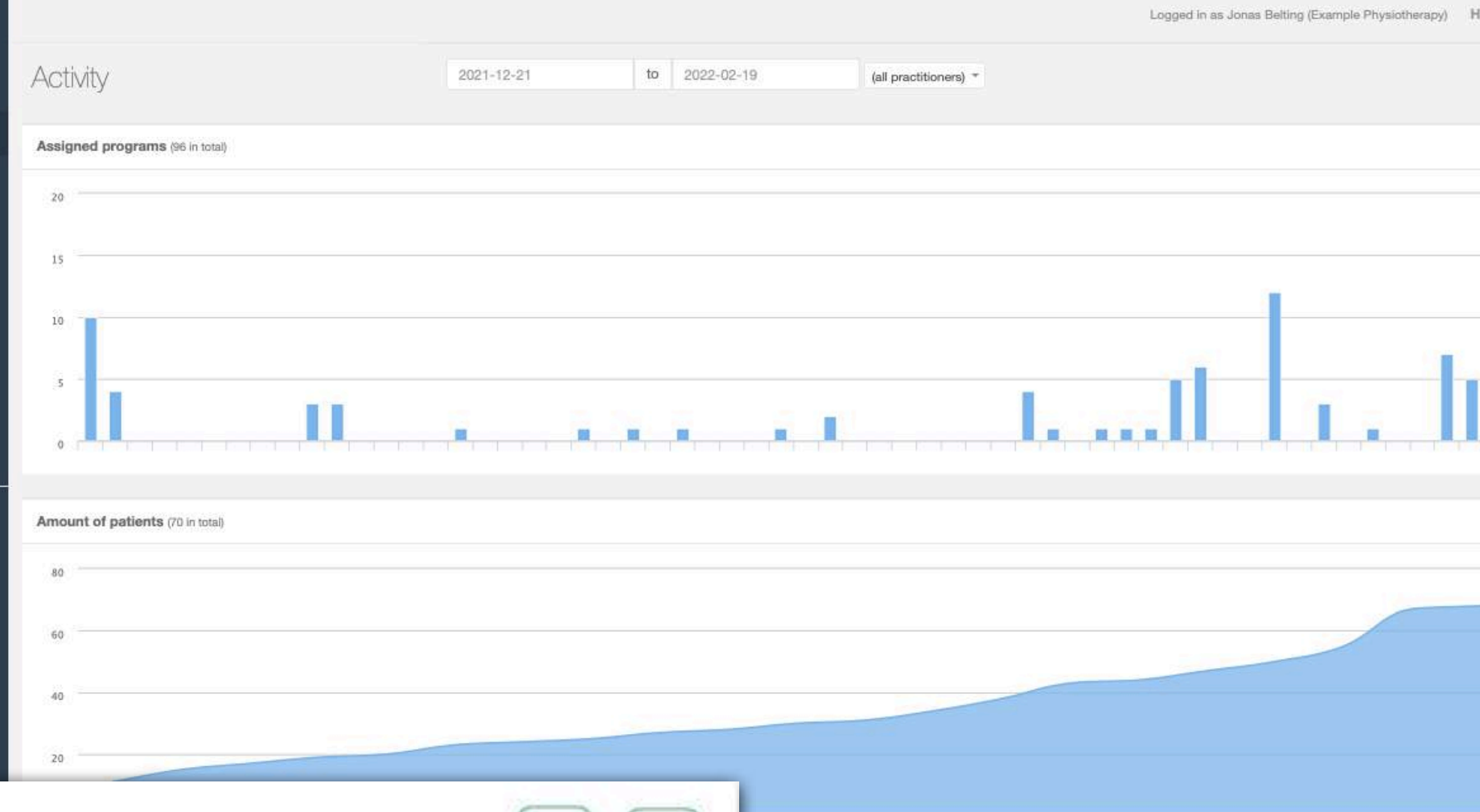
- Geef positieve feedback
- Maak Physitrack/PhysiApp zichtbaar in uw praktijk
 - Poster/Flyer in de wachtkamer
 - Publiekelijk zichtbare prestatiescorebord dat positief laat zien hoe goed Physitrack werkt.
- Compensatie en waarderingssystemen dat het gebruik van Physitrack stimuleert



The latest **exercise technology** to help you achieve your best!



We are proud to be using **PhysiApp** for your exercise programs!



< Patiënten Max Mustermann (1970)
Laatst ingelogd 29 dagen

Wijs nieuw programma toe | Begin gesprek | Kopieer inloglink

Arthrose Hüfte (geëindigd op 23 jan) | Geëindigd op 23 jan 2022 | Bekijk programma

Therapietrouw | Scores vragenlijsten

Week 1 (10 jan - 16 jan) | Therapietrouw

Day	Pain Score (NPRS)	Adherence (%)
maa	3	100
din	2	100
woe	0	75
don	0	70
vrij	0	85
zat	0	95
zon	0	90

< Patients Max Mustermann (1970)
Consulté pour la dernière fois il y a 29 jours

Assigner nouveau programme | Démarrez l'appel vidéo | Copier le lien de connexion

Arthrose Hüfte (à pris fin le 23 janv) | Terminé le 23 janv 2022 | Visualiser le programme

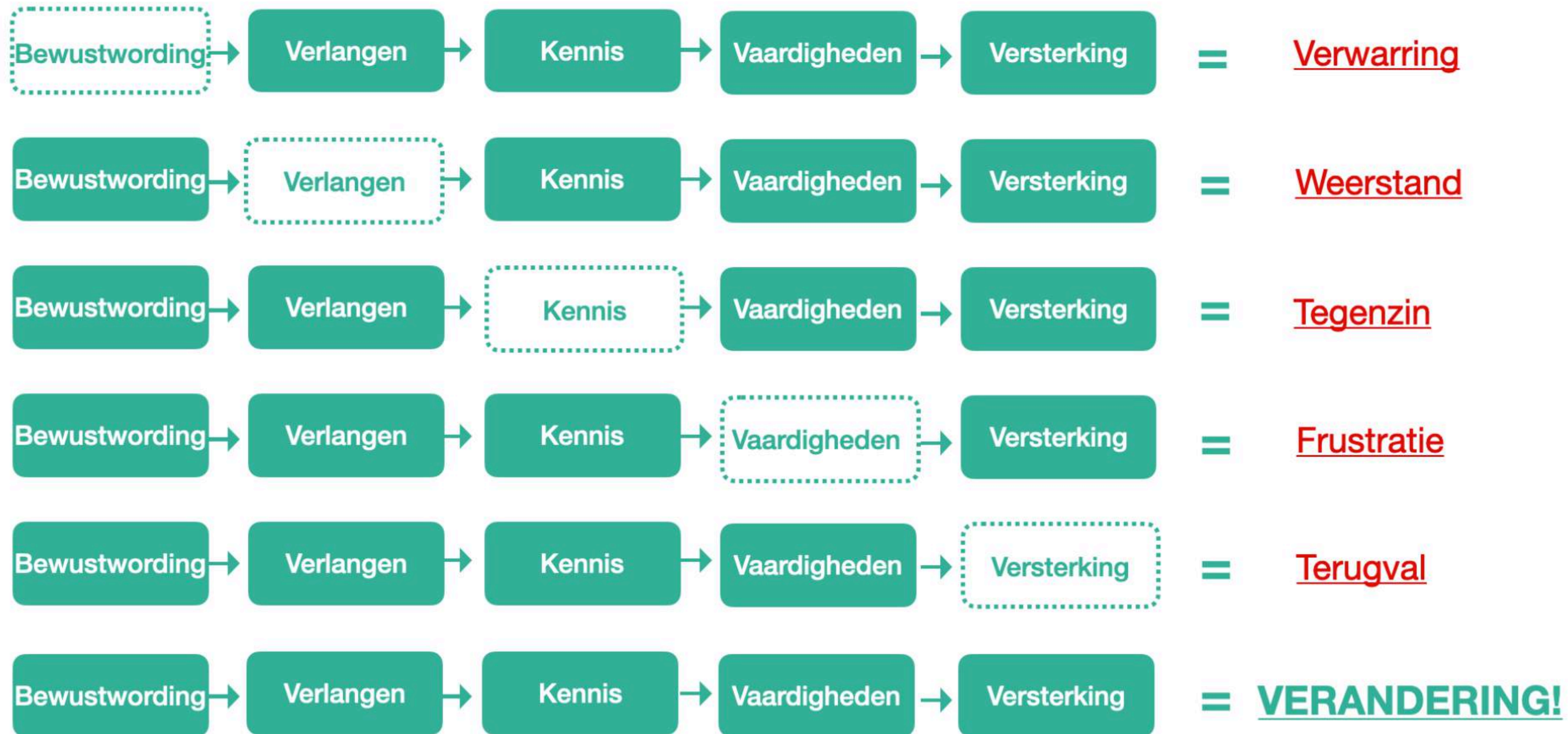
Observance | Questionnaires



How to use PhysiApp.

- The Program area** lets you view and complete the exercises your healthcare professional prescribed to you. You can do this by tapping on the exercise you want to complete.
- The Additional Information** button lets you view educational information about your condition and instructions from your healthcare professional.
- After selecting the exercise you want to complete you can watch the video. This will help you complete the exercise with confidence. This screen also shows the recommended sets and reps as set by your healthcare professional. When done click on **Complete** in the top-right of your screen.
- Select the number of sets and reps you were able to complete by moving the dials. You can also leave written feedback for your healthcare professional. The final step is to report back on the pain or difficulty level you experienced during the exercise. Repeat for each exercise.
- The **Results** button at the bottom lets you view your progress and pain levels in real-time. Click on the bar chart to view your daily progress in more detail.
- Tap on **Messages** to message your healthcare professional in real-time. Your healthcare professional can reply in real-time to help you stay on track and engaged.
- Preferences** lets you set reminders to stay on track with your exercises. Tap on 'Videos on device' to download the exercise videos onto your device. This will let you use the app offline, great for reducing data usage or when your internet access is limited.

eHealth implementeren (ADKAR[®])



ADKAR-model

A

Awareness (Bewustwording)

D

Desire (Verlangen)

K

Knowledge (Kennis)

A

Ability (Vaardigheden)

R

Reinforcement (Versterking)



e-Health succesvol integreren in uw praktijk





Geïnteresseerd om het zelf uit te proberen?

Probeer Physitrack nu 30 dagen gratis uit via
<https://physitrack.typeform.com/to/Aq4Mxy>





Physitrack®

Marieke van den Wall Bake

Business Development Benelux

info@physitrack.nl