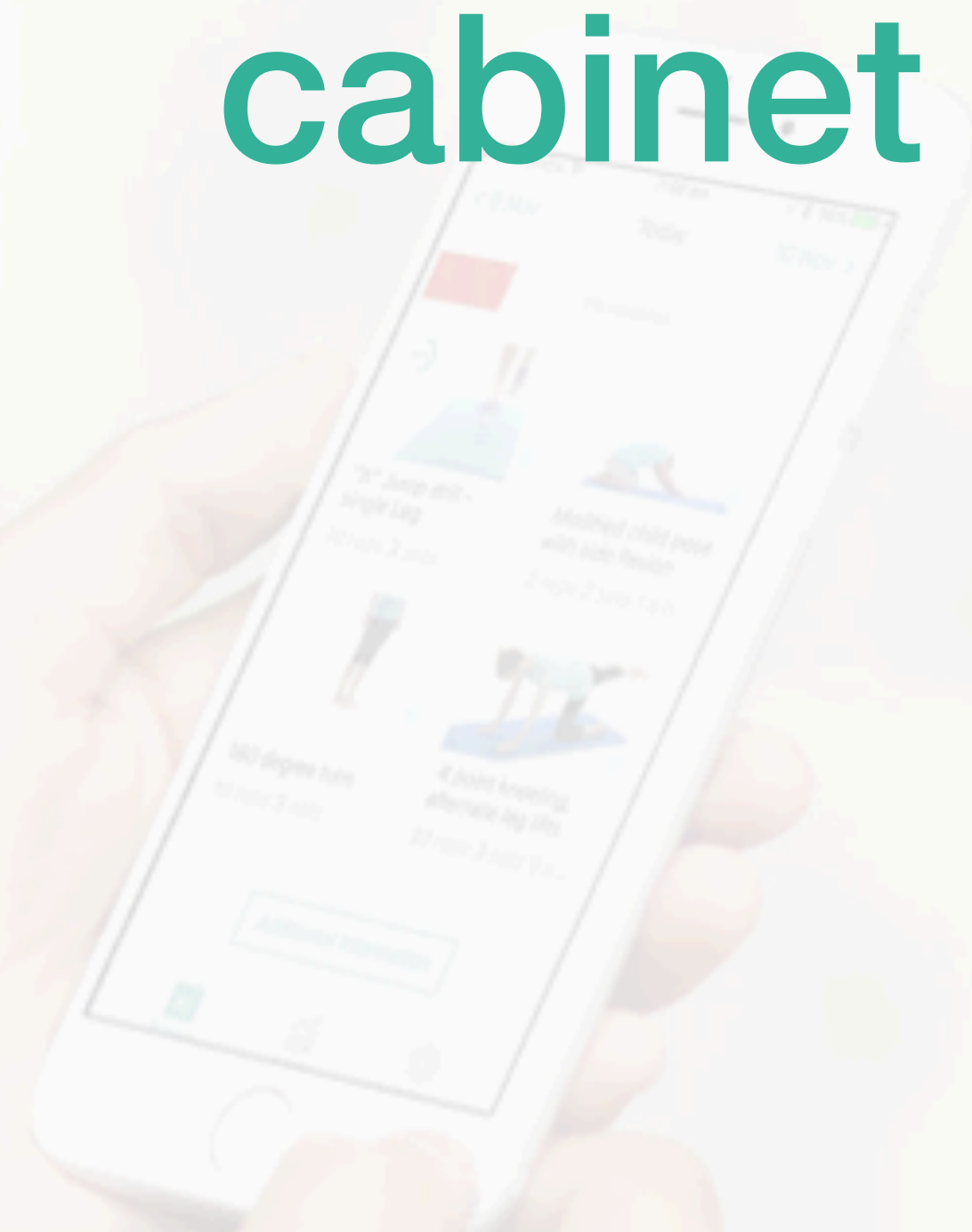


A woman with long dark hair is shown in profile, looking at a smartphone. The phone screen displays a fitness application interface with various exercise icons and text. The background is a soft, out-of-focus image of the same woman, creating a layered effect.

Physitrack®

Intégrer avec succès l'e-santé dans votre cabinet





Le changement n'est pas toujours facile



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 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

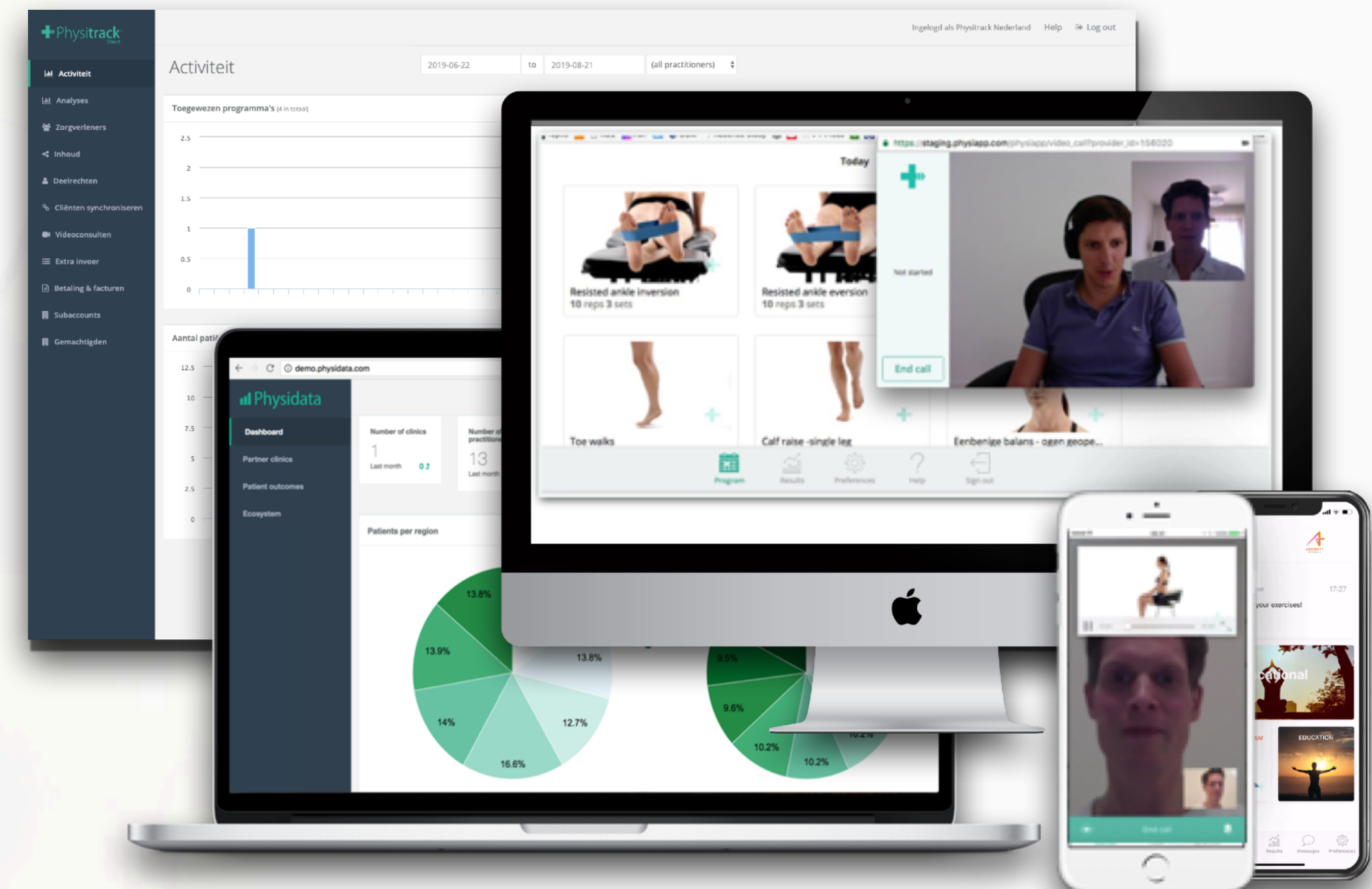
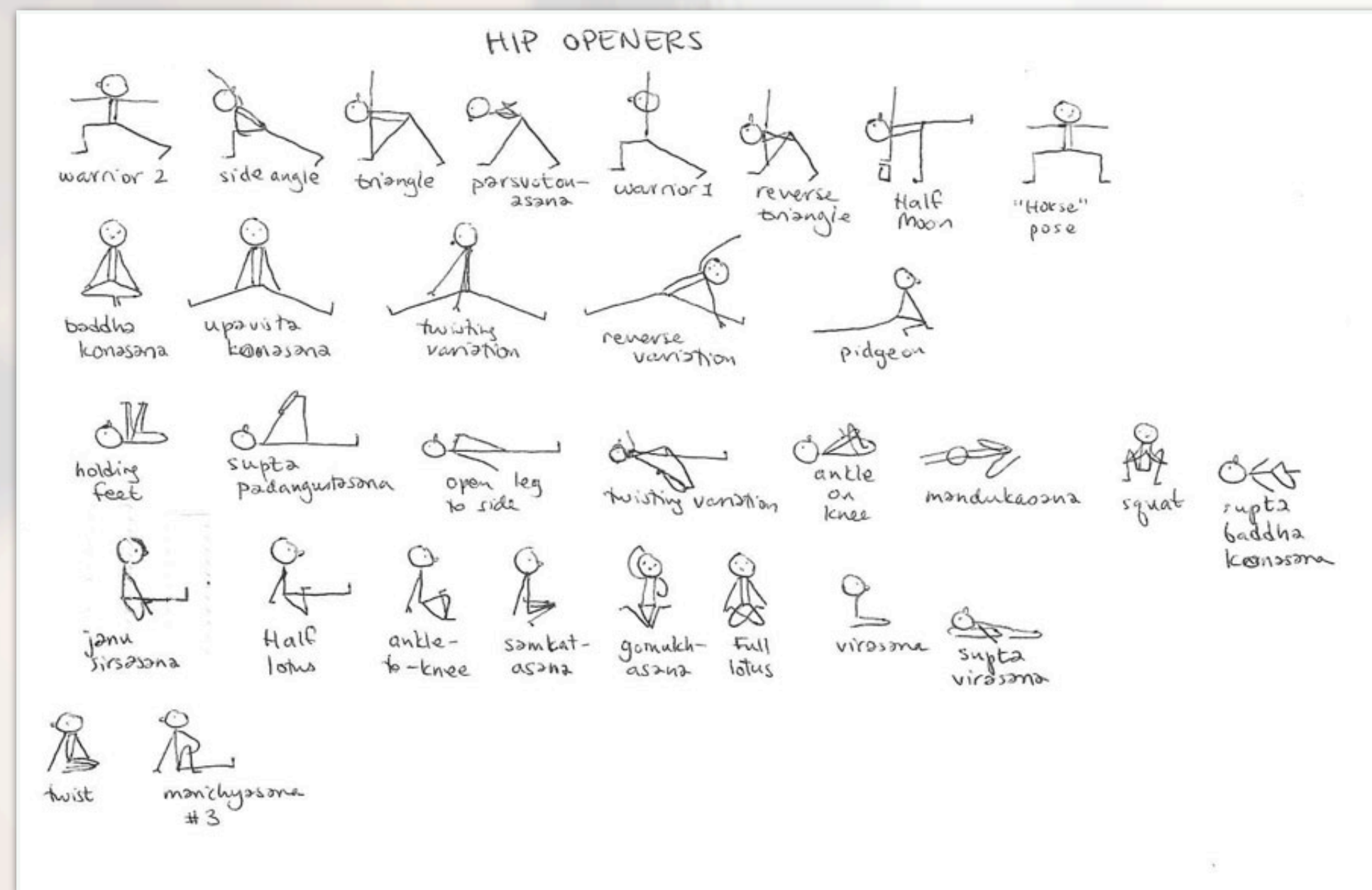
Abstract

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 accessing physiotherapy services in Western Australia, will be recruited. Participants will be stratified by age

Physiotherapy
Research
Foundation

Intégrer l'e-santé dans votre cabinet



Management du changement



ADKAR-model

A

Awareness (Conscience)

D

Desire (Désir)

K

Knowledge (Connaissance)

A

Ability (Habilité)

R

Reinforcement (Renforcement)

ADKAR-model



Awareness (Conscience)

Conscience qu'a l'individu que le besoin de changer existe



Awareness (Conscience)

- Réunion d'équipe dédiée
 - La mise en place de Physitrack nous aidera à...
...améliorer l'observance des patients, aider les patients qui ne peuvent pas se rendre à la clinique, travailler plus efficacement, devenir une clinique innovante.
- Réunions individuelles
 - Assurez-vous que chacun comprend les raisons de ce changement



Physitrack

Solutions for > Telehealth Exercise library Pricing Try demo Login

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 100,000+ patients 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, try the online demo version

Contact us

ADKAR-model



Desire (Désir)

Désir qu'a l'individu de participer et d'aider au changement



Desire (Désir)

- "Je veux utiliser Physitrack !"
- Faites participer vos collègues à la planification
 - Laissez-les créer des modèles de programmes d'exercices
- Créer des incitations à utiliser la nouvelle technologie
 - Utilisateur Physitrack du mois



rotation externe

 Afficher seulement les favoris Nouveaux exercices uniquement

50 exercices

[Enlever les filtres](#)

Spécialité(s)

 Locomoteur (TMS) (45) Pédiatrie (5)

Articulation(s) :

 Coude (2) Hanche (30) Le genou (10) Lombaire (4) Omoplate (5) Pieds & cheville (2) Poignet & main (1) Thoracique (3) Épaule (50)[Afficher moins](#)


Mouvement(s) :

 Abduction (3) Extension (11) Flexion (4) Rotation (2) Rotation latérale (47) Rotation médiale (9)[Afficher plus](#)

Objectif(s) :

 Endurance musculaire (2) Equilibre / proprioception (1) Force (43)


Rotation Externe + Extension art. GH contre résistance
Coude, Omoplate, Épaule ●●



Rotation Externe 90 art. GH avec poids en décubitus dorsal
Épaule ●●



Rotation Externe active assistée épaule (90) avec bâton en décubitus d...
Épaule ●



Rotation externe active assistée épaule GH - allongé avec bâton
Épaule ●

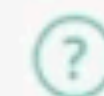
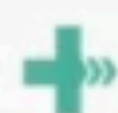


Rotation Externe art. GH (neutre) - Isométrie réactive
Épaule ●●



Rotation Externe bilatérale active de l'art GH (45) - debout
Épaule ●



ADKAR-model



Knowledge (Connaissance)

Connaissance qu'a l'individu quant à la façon de changer



Knowledge (Connaissance)

- Formation au logiciel
 - Physitrack cours de certification
- Entraînement à la mise en oeuvre
 - Comment utiliser Physitrack pendant une séance



Certificat Physitrack Niveau 1

Ce cours se compose de 6 chapitres courts et devrait durer environ une heure.

Vous pouvez pauser et reprendre ce cours en fonction de votre agenda. Il suffit de garder cette fenêtre de navigateur ouverte.

Démarrer

appuyez sur **Entrée** ↵

🕒 Cela prend 7+ minutes

ADKAR-model



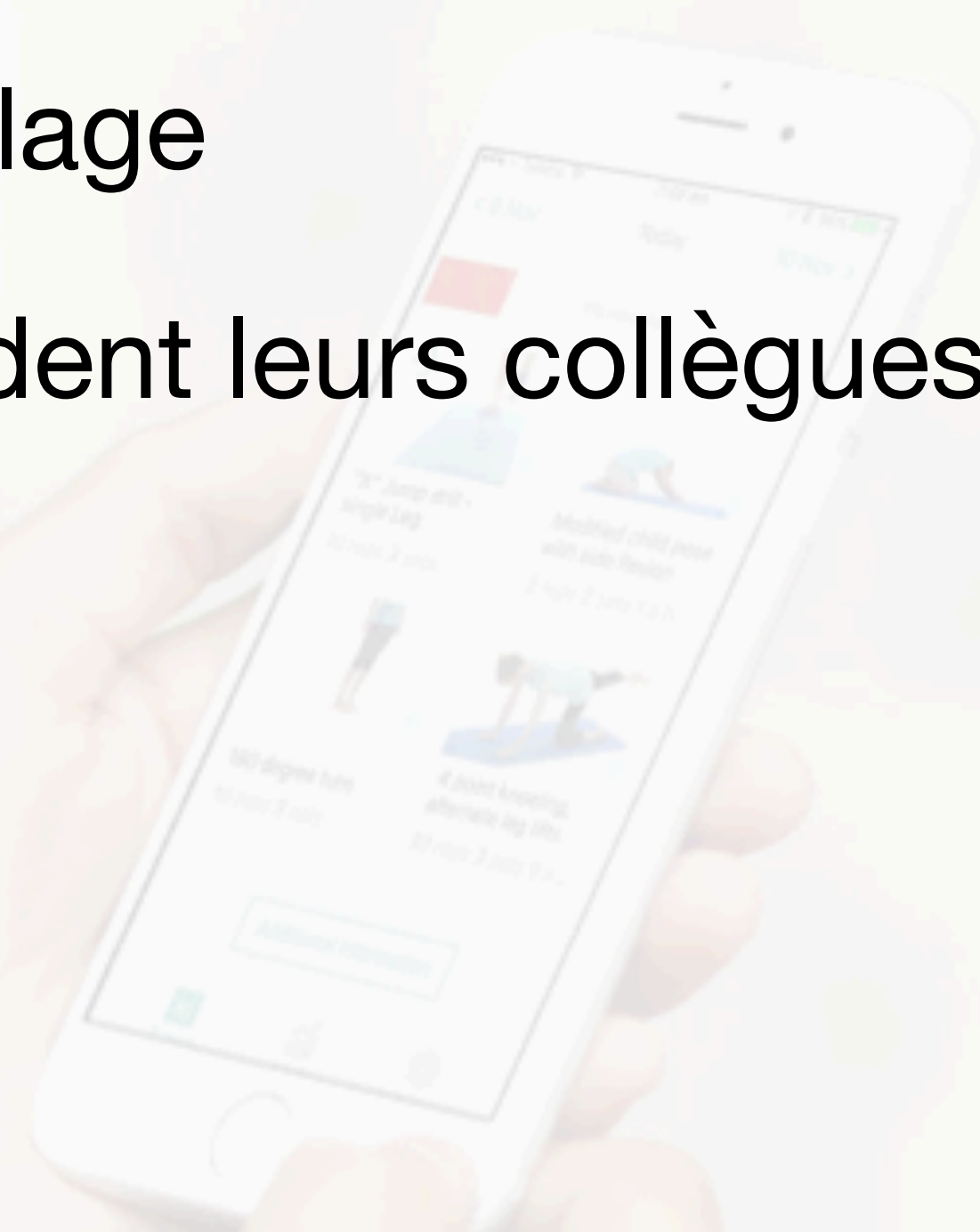
Ability (Habilité)

Habilité qu'a l'individu dans les compétences et comportements attendus



Ability (Habilité)

- Commencez à utiliser Physitrack avec les patients à l'aise avec les technologies.
- Créez un système de jumelage
 - Les cliniciens experts aident leurs collègues



Rechercher des exercices

Advanced search tips

Source:

- Physitrack (3900)
- Physiotools (50)
- Mobilus (71)

- Afficher seulement les favoris
- Nouveaux exercices uniquement
- Version imprimable uniquement

3900 exercices

Enlever les filtres


Spécialité(s)

- Cardiovasculaire (16)
- Ergothérapie (245)
- Force et conditionnement (609)
- Gériatrie (703)
- Locomoteur (TMS) (2228)
- Neurologie (680)
- Orthophonie (1)
- Pilates (50)
- Pédiatrie (154)
- Respiratoire (56)
- Santé de la femme & grossesse (126)
- Santé et ampli travail (94)
- Santé mentale (87)
- Sport (423)
- Thérapie aquatique (126)


Afficher plus

Articulation(s) / Région(s):

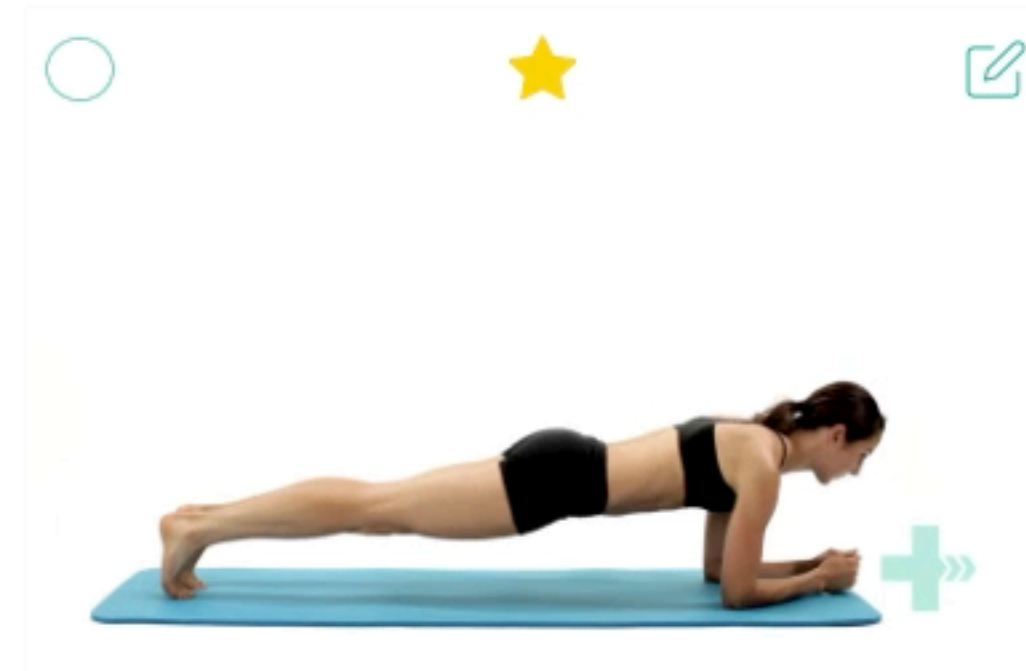
- Arrière (338)
- Bras (318)
- Bucco-faciale (10)




Chien d'arrêt



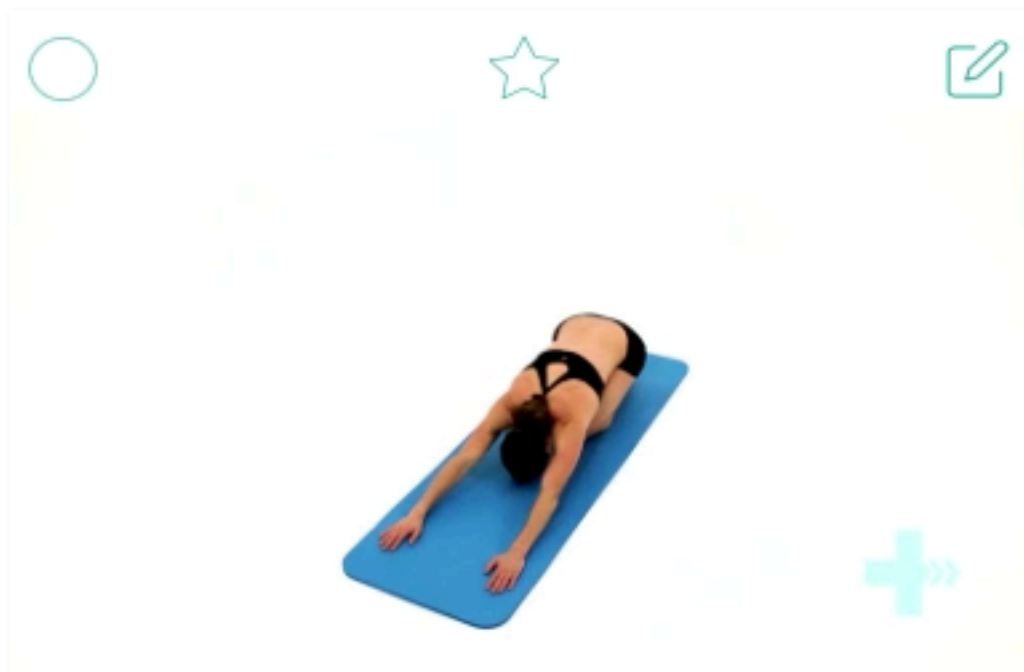
Abdo - stabilité - quatre pattes - alternance jambe/bras opposés




Planche




Le pont sur le sol




Pose de la prière



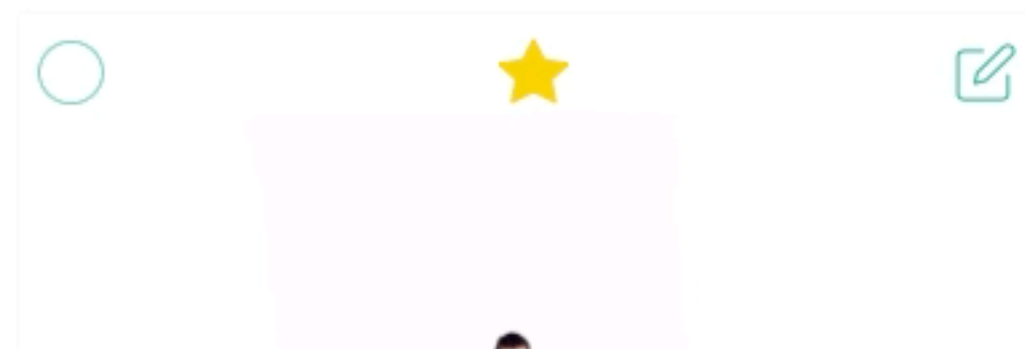
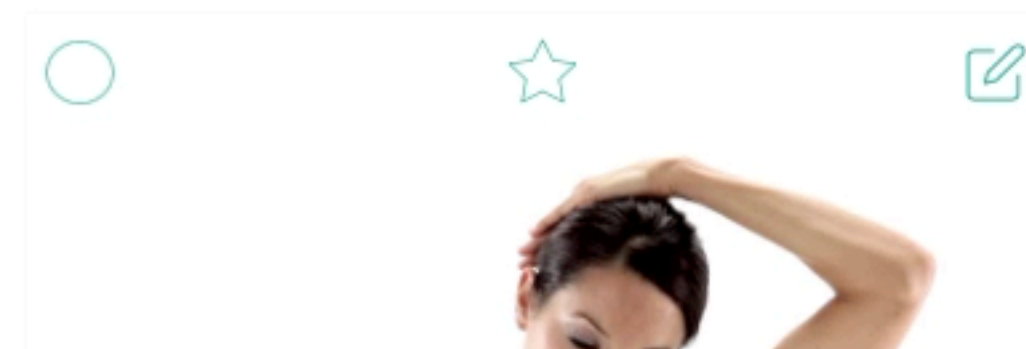
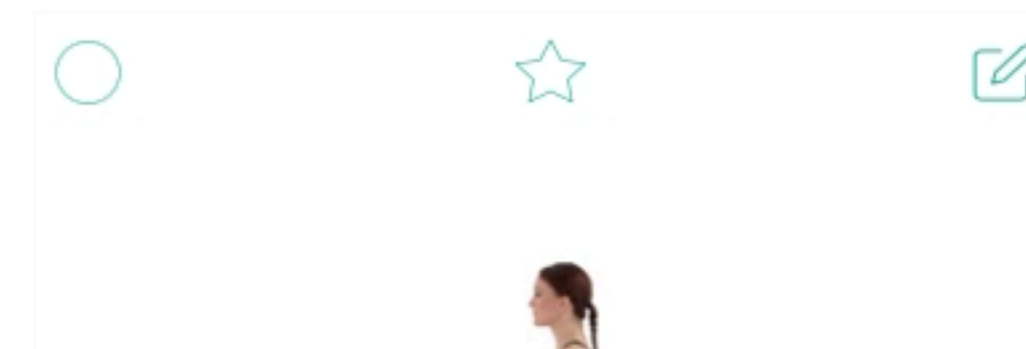
Pose du chat - chameau



Étirement du muscle piriforme



Abdo: Dead bug - abaissement jambe/bras opposé en alternance


ADKAR-model



Reinforcement (Renforcement)

Renforcement que reçoit l'individu pour soutenir le changement.



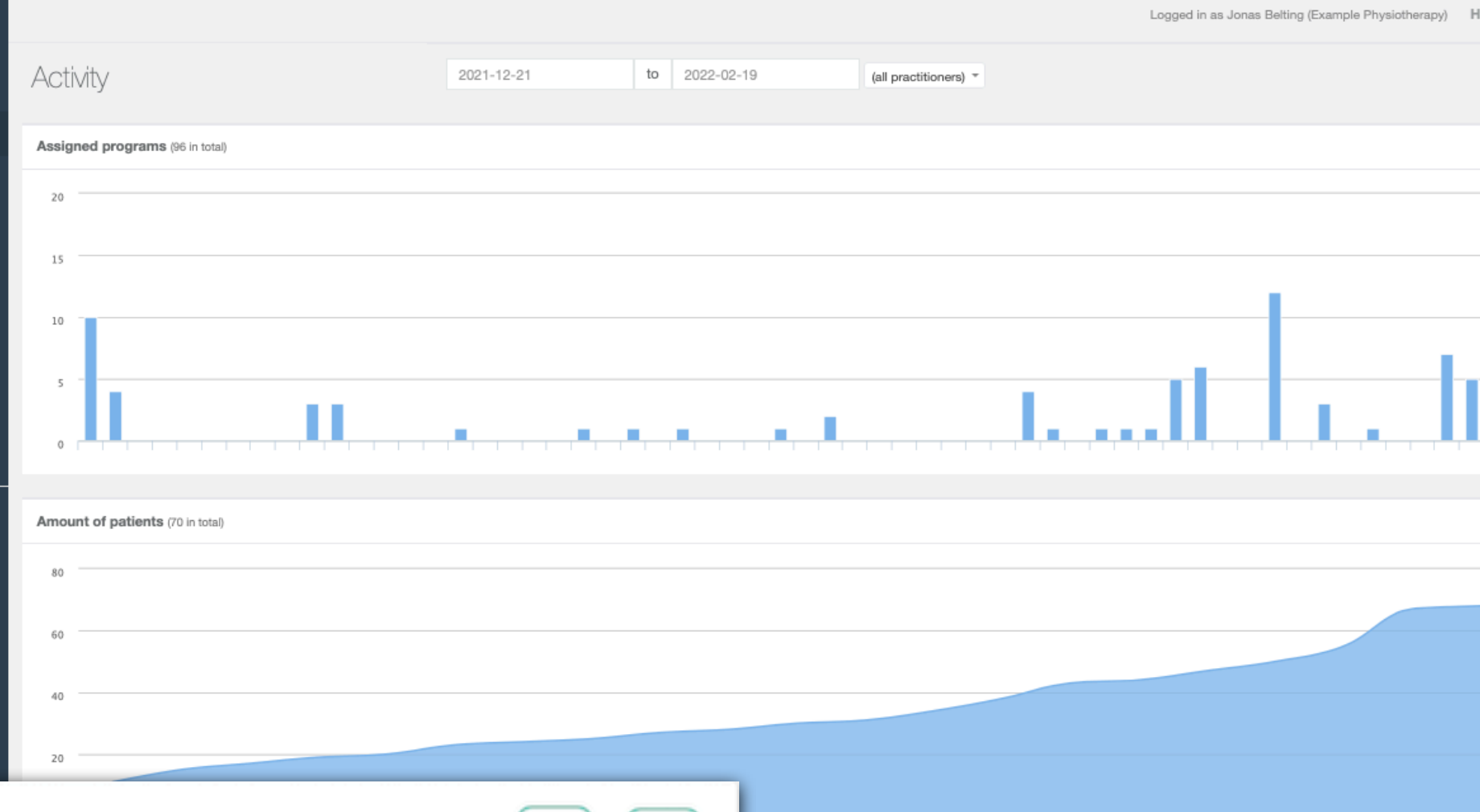
Reinforcement (Renforcement)

- Donnez un feedback positif
- Rendez Physitrack visible dans votre clinique
 - Affiche/dépliant dans la salle d'attente
- Tableau de bord des cliniciens pour suivre l'utilisation de Physitrack
- Système de rémunération pour soutenir l'utilisation de Physitrack

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



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



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	Pijnscore (NPRS)	Voltooid (%)
maa	10	30
din	10	25
woe	8	0
don	7	0
vrij	8	0
zat	9	0
zon	9	0

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.

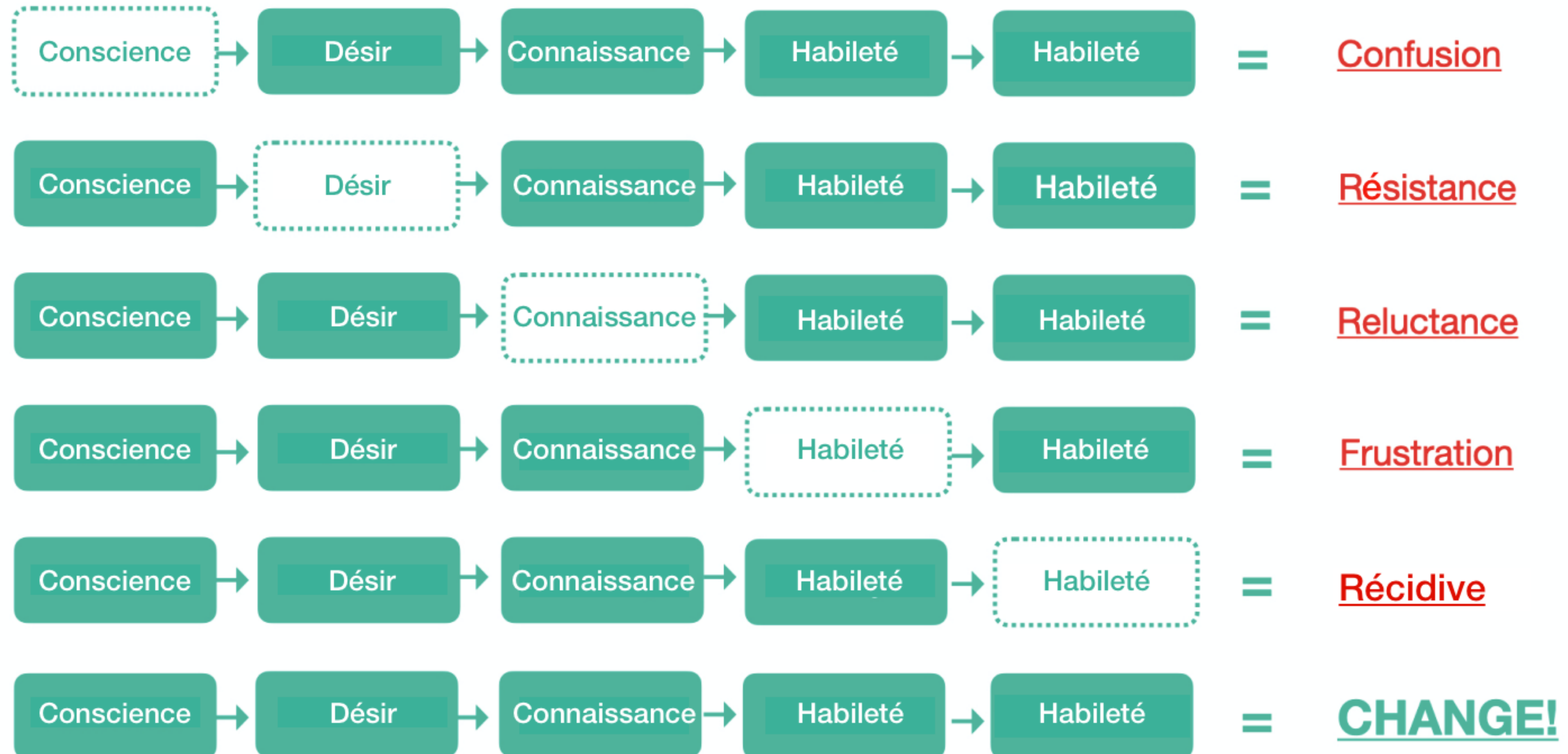
Your healthcare professional can reply in real-time to help you stay on track and engaged.

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.

And when it goes wrong?

Implementing eHealth (ADKAR[®])



ADKAR-model

A

Awareness (Conscience)

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Desire (Désir)

K

Knowledge (Connaissance)

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Ability (Habilité)

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Reinforcement (Renforcement)

A woman with long dark hair is shown in profile, looking at a white smartphone. The phone screen displays a fitness application interface with various charts and data points. The background is a soft, out-of-focus image of the same woman, creating a layered effect.

Envie d'essayer ?

<https://physitrack.typeform.com/to/Aq4Mxy>