

### Harnessing technology and exercise intervention to optimise patient outcomes




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Chocolate cookies, Airplanes and Exercise programs


### Presentation Overview




Technology & Work Flow




Continues Improvements



Outcome Measures & Surveys



Security & Privacy Considerations



[Bounceback.physio](http://Bounceback.physio)

### Technology & Workflow

#### Making it work in your Practice



#### Considerations

- Wired / Wireless
- Individual Patient / Group Classes
- Internet Connection, Speed & Bandwidth
- Connections, Charging & Stands
- Security, Privacy

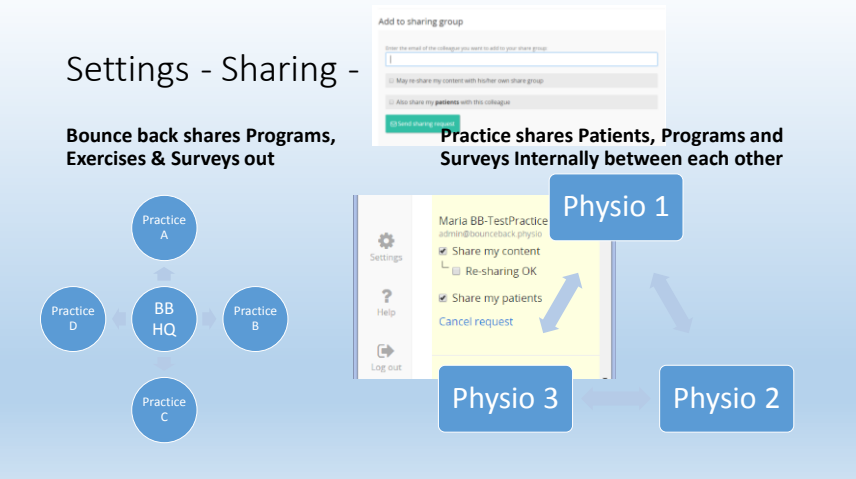
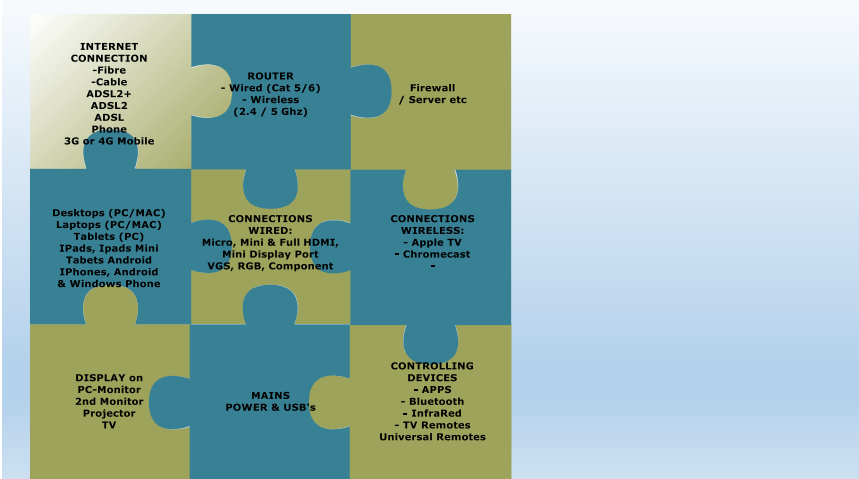
### Technology & Workflow

#### Making it work for Staff & Customer



#### Considerations

- Practice Management Integration
- Printing
- Admin WorkFlow
- Patient Supervision
- Patient Hardware



Patient Sharing -

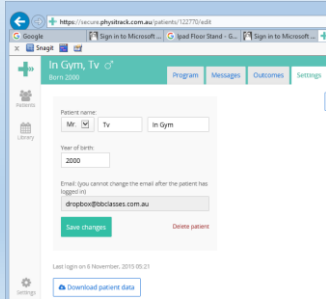
Shared Patient for Displaying Programs Securely and ensure privacy

Practice shares Patients, Programs and Surveys Internally between each other

Physio 1

Physio 3

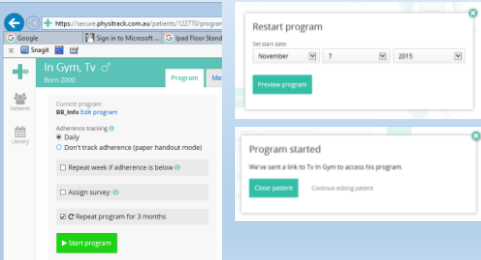
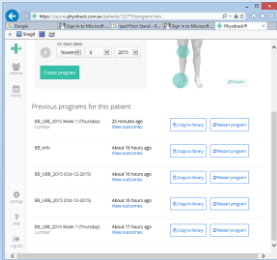
Physio 2



Shared Patient - Mr TV in the GYM

Build up BB & Common Practice program

End Program – Restart a different program

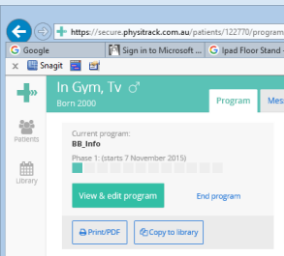


Shared Patient - Mr TV in the GYM

End Program when class or patient on TV has finished or the next one starts

Advantages

- No security / privacy issues
- In a class instructor can update client programs as we go
- Less downloads & bandwidth issues
- No waiting to for patient downloads
- ?? Buildup of programs

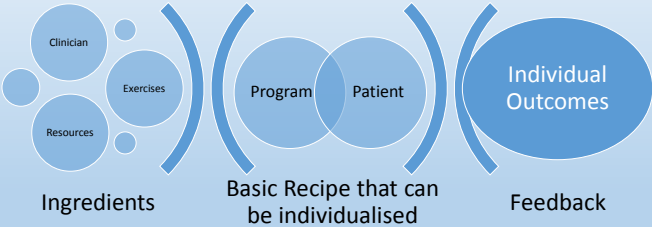


BOUNCE b.a.c.k

Physitrack Exercise intelligence.



Continuous improvement



Ingredients

Basic Recipe that can be individualised

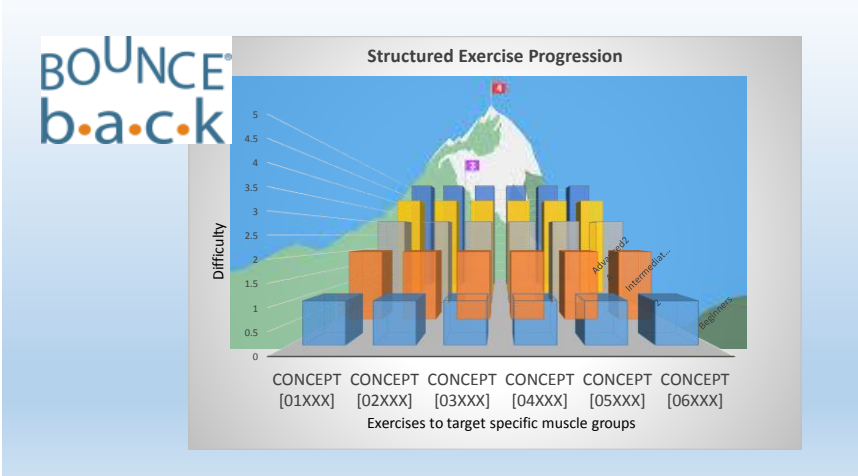
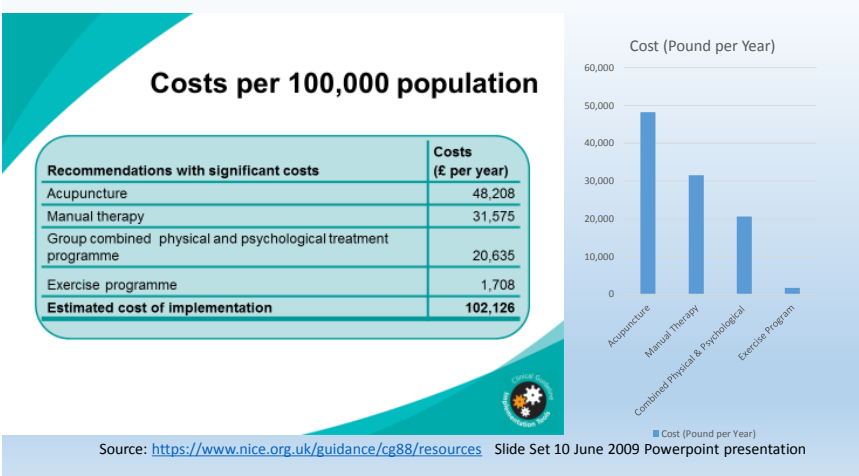
Feedback

CG88: Low back pain, review proposal consultation document

Recommendation: Structured exercise programme

- Consider offering a structured exercise programme:
  - up to 8 sessions over up to 12 weeks
  - supervised group exercise programme in a group of up to 10 people, tailored to the person
  - one-to-one supervised exercise programme only if a group programme is not suitable

Source: <https://www.nice.org.uk/guidance/cg88/>



### C) Quality Patient Resources

Clear exercise videos for patients

Powerful tools and insights for practitioners

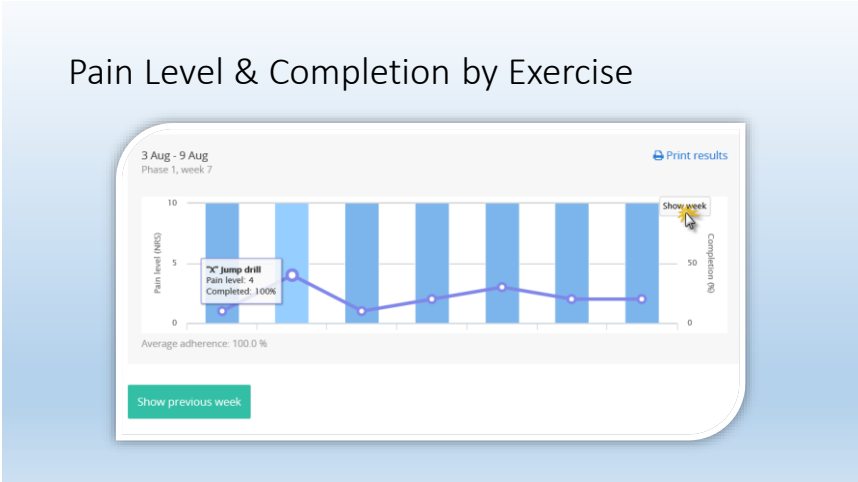
### Feedback for individual healthcare providers

Real-time insight into patient adherence, progress, pain levels and comment feedback

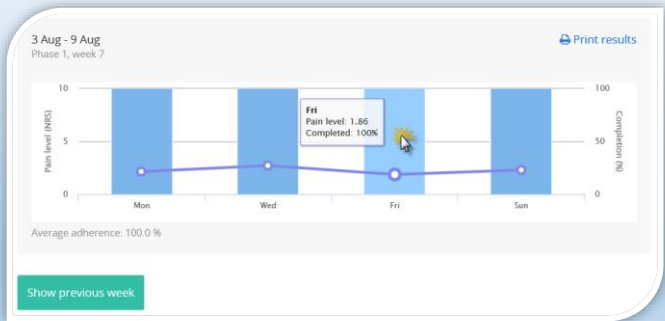
Physitrack

### Feedback from the Individual client

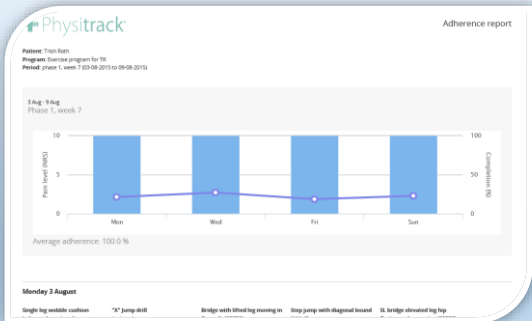
Physitrack



Pain Level & Completion over Time



Survey Report – Print – Download – E-Mail



+ Add survey

Library

Exercises Programs Surveys

Survey name (A-Z)

Displaying surveys 1 - 28 of 23 in total

- Back Pain Index: 11 questions 0 responses Assigned to 1 patient
- BB InitialTest: 5 questions 3 responses Assigned to 2 patients
- BB SF-10 (Nov-2015): 27 questions 0 responses
- DIRAM (Distress and Risk Assessment Method): 45 questions 0 responses
- Knee Injury and Osteoarthritis Outcome Score (KOOS): 42 questions 0 responses
- Koos Knee survey: 42 questions 0 responses

+ Add survey

Scoring & Grouping

Add Questions

Name & Description

Question 1 of 1

Question:

Type of response (this cannot be changed once the question has been added):

- Multiple choice (one answer possible)
- Range

Save Cancel

Question 1 of 1

Question:

Test

Answer options:

- Yes
- Maybe
- No

+ Add option

Save Cancel

Question 1 of 1

Question:

Test

Range:

From 0 to 10

Label 0 (optional): No Pain

Label 10 (optional): Worst possible pain

Save Cancel

Survey scoring Question grouping Question setting

Score options from: 0 to 10

Score scoring in: points

Lowest score per answer: 0

Increment per option: 1

Save Cancel

Survey Feature – Question Scoring

Scoring 1



Scoring 2



Survey Feature – Question grouping

Scoring 1

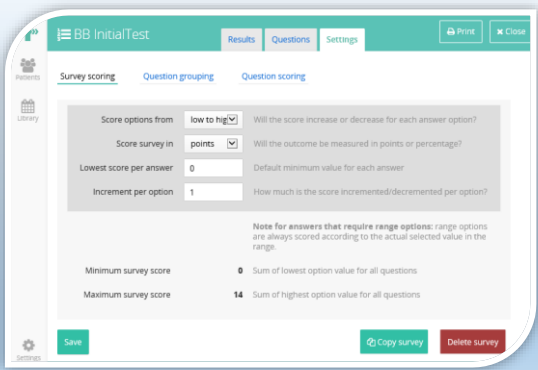


Scoring 2

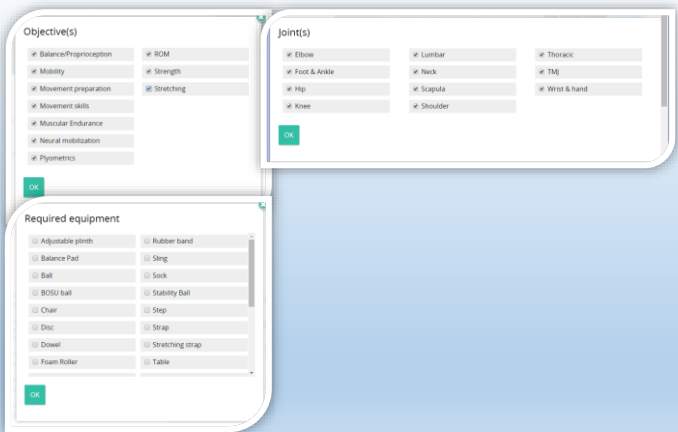
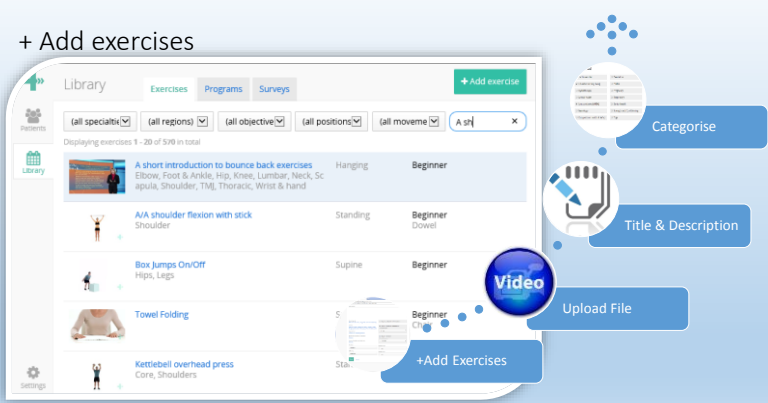


Current limitations

- Survey must be linked to a program
- Can’t be assigned at beginning or end of a program.
- Can’t be scheduled to automatically send out after 3, 6 and or 12 month.
- Scoring



+ Add exercises



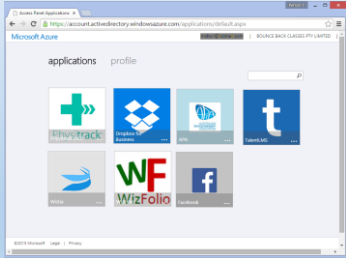
24/7 Patient and Practitioner Support



- Patient and health Practitioner App support provide by Physitrack

Security, Usability & Support Considerations

Bounce Back Single Sign on Password



Considerations

- All Instructors have individual Bounceback.physio ID
- Access Panel allows individual or common access to online resources
- Significantly reduces risk when staff leave – removal of authority removes access to all company resources