

More Progress in the Space of Telehealth: Telehealth in Physical Therapy



In the U.S., back pain costs the economy \$92 billion annually, making it the third-highest driver of healthcare spending. More than one in two U.S. adults report musculoskeletal disorders and circulatory and respiratory conditions. In addition, it has been widely acknowledged that back pain sufferers have a lower adherence rate to traditional treatment plans.

It has been proven that digital interventions alongside in-person care can improve health outcomes. For example, in the case of physical therapy, patients reported adherence levels increased with the addition of at-home exercises compared to face-to-face care alone.

A recent announcement by Orbit Telehealth, a healthcare platform in MSK (musculoskeletal) care, has confirmed its platform will be offering virtual care in physical therapy.

Via virtual appointments, physical therapy providers can deliver personalised exercise care plans based on the patient's condition and stage of recovery. Self-guided physical therapy video lessons are easy to access and will help their patients recover in their home environment.

Unfortunately, MSK patients are commonly known not to follow through with their treatment plans. However, with the availability of remote physical therapy interventions, Orbit hopes to change patient adherence levels and behavioural attitudes to increase participation and improve health outcomes.

Dr Mark Barnes, CEO of Orbit, commented that "with the launch of our Clinician Platform, we're enabling providers with the capabilities they need to better support their patients and provide them with personalised tools, information, and access to the professional guidance they need to more effectively self-manage their condition."

Therapists who have integrated the platform into practice found it easy to navigate and maintain communication with their patients through remote means. In addition, they can track and monitor patient adherence to their programmes.

In a changing healthcare system, the hybrid approach is becoming increasingly popular. Patients have become more engaged with their treatment plans, becoming more consistent with them. Subsequently, they are achieving better results.

Orbit's Digital MSK Clinic is championing new technologies to provide better solutions for patients suffering from back and joint pain.

Source: [Businesswire](#)

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