

Scope Of Tele-rehabilitaion And Digital Physiotherapy

Rapid progression of technology has encouraged health practitioners to adapt changes and deliver health care facilities in a remote and new fashion. Moreover, recently mHealth is introduced, concept of utilizing cellphones, laptops, tablets in public health as well as in medicine. mHealth has brought a huge change worldwide due to low cost and high scope. The revolutionary change towards utilization of technology-based treatment is exceptionally relevant area for health practitioners to efficiently communicate and treat variety of patients. Tele- rehabilitation refers to usage of information and communication technologies (ICT) in order to deliver rehabilitation to people remotely in home or in any other environment. Such rehabilitation services includes interventions related to therapeutics, distant intensive care, awareness, consultation and means of social networking for individuals with disabilities.

Specific to physiotherapy management and home based exercise program, smartphone applications offer emerging mode to deliver physiotherapy that also encourages active participation from both physiotherapist as well as from patient during treatment. Usage of technology in order to deliver physiotherapy rehabilitation is beneficial not only for clinicians but also for patients. It provides a personal autonomy and empowerment sense to patients, enables them to have control in management of various health conditions. It also allows access to care for patients specifically in remote areas or for individuals who are suffering from mobility related issues associated with impairments and socioeconomic factors. It has been found through research that rehabilitation needed for individuals having long-term disability such as stroke, Traumatic brain injuries or neurological disorders are often remained untreated in patient's local community.

With the emerging technology and mHealth applications, physiotherapist's future generation must be mindful of evolving fluctuations in technology in order to make physiotherapy as an interactive session with the patient. This will also facilitates and motivates individuals for participation in home based exercise program. The new trend of physiotherapy could enhance patient adherence through creating an interactive environment that will enhance self-efficacy through better communication and reporting means.

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