

## INTRODUCTION

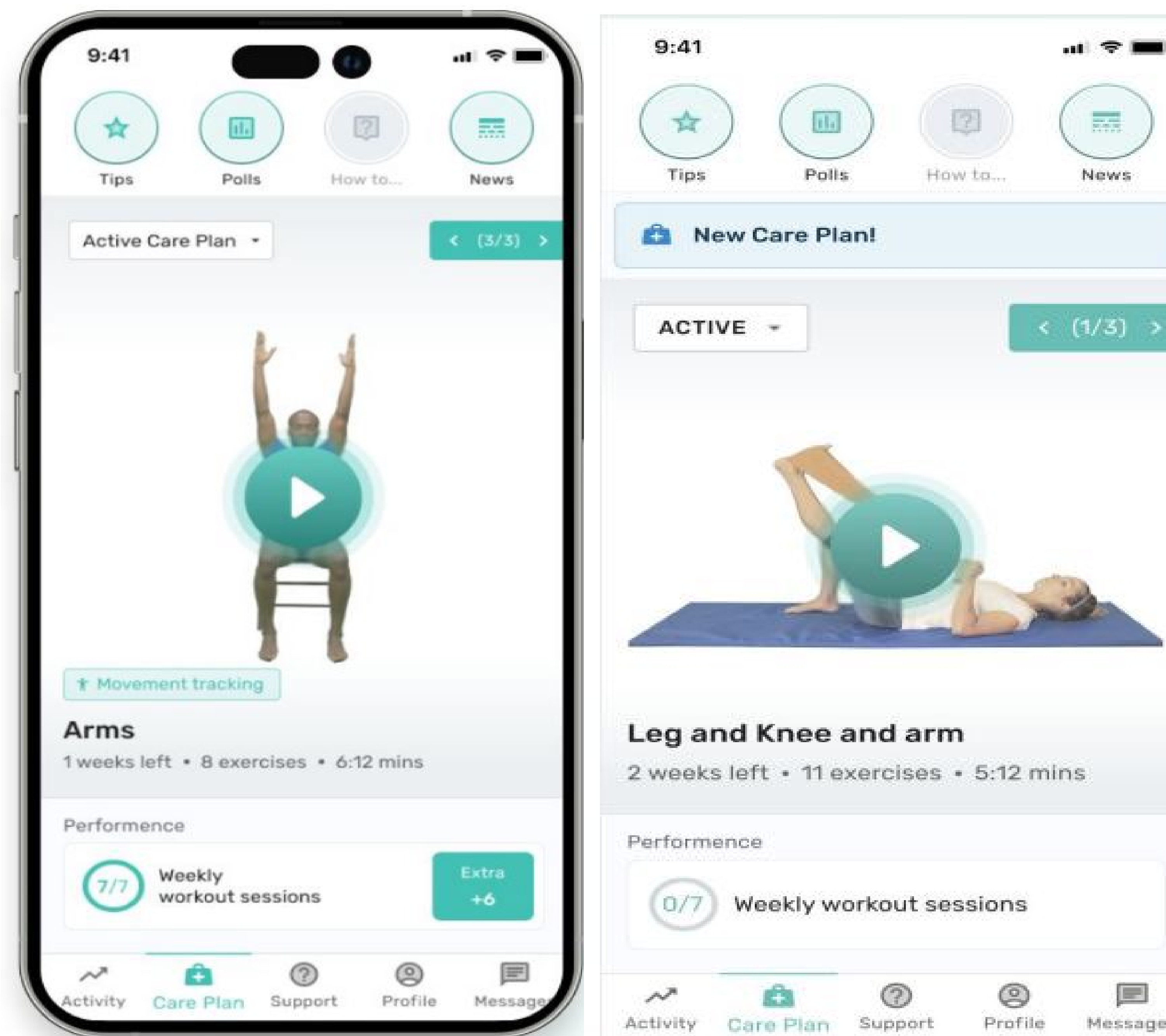
- Telehealth offers a potential solution to improve provider access for patients living in rural communities
- Telehealth rehabilitation applications have shown promising results with potential to improve patient outcomes when used as an add-on to traditional in-person physical therapy services.
- Providing telehealth services to rural populations presents many unique challenges (i.e., patient lack of technology device, poor internet connectivity, decreased patient/provider buy-in)

## AIM

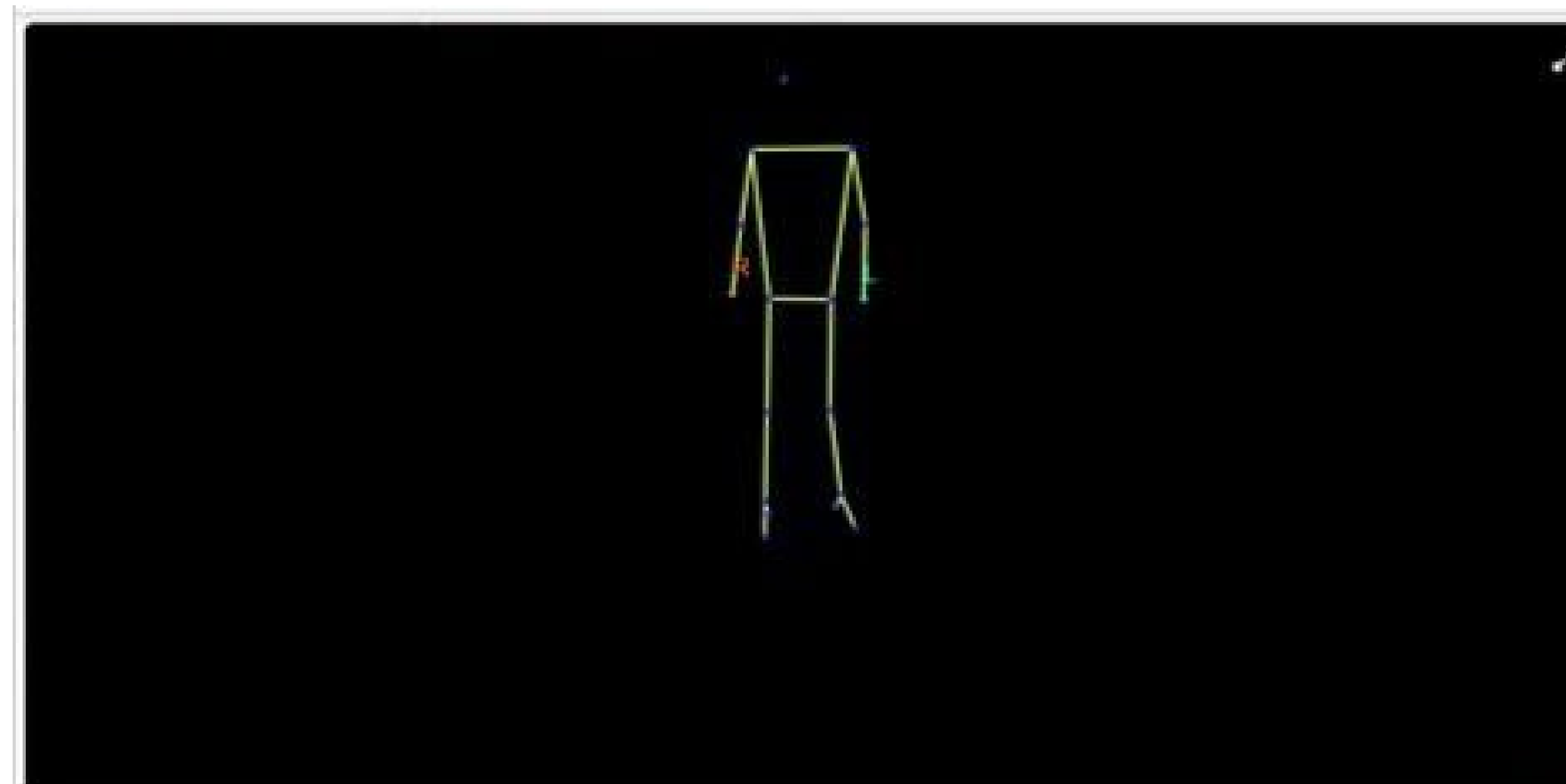
This study aims to assess the feasibility of utilizing a telehealth rehabilitation platform to increase patient access for individuals who have undergone orthopedic surgery.

## FEASIBILITY CRITERIA

1. ≥80% of participants will have initial physical therapy visit scheduled within 1 week of enrollment
2. ≥80% of participants will complete their first physical therapy appointment within 1 week of surgery
3. Zero major adverse events will result from telehealth physical therapy services
4. Patient's will complete ≥70% of scheduled physical therapy visits
5. ≥70% of participants will report satisfaction with telehealth services
6. ≥90% of providers will report satisfaction with use of the application to provide rehabilitation services



Can telerehabilitation improve patient access for individuals living in rural communities?



## METHODS

**Study Design:** One arm feasibility study

**Patient Participants:** Surgical candidates for anterior cruciate ligament reconstruction (anticipated sample n=20)

**Provider participants:** Physical therapists providing physical therapy services through the online application to the patient participants

Once identified as a surgical candidate, participants will receive telehealth rehabilitative services until they can be seen in person by a physical therapist of their choice.

**Data Collection:**

- Patient and provider post surveys
- Home program and scheduled visit compliance rate
- Healthcare information in keeping with standard of care physical therapy practices

**Analysis:** Feasibility criteria will be assessed to determine whether this modality improves physical therapy access for rural patients.

## ACKNOWLEDGEMENT

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