

## INTRODUCTION

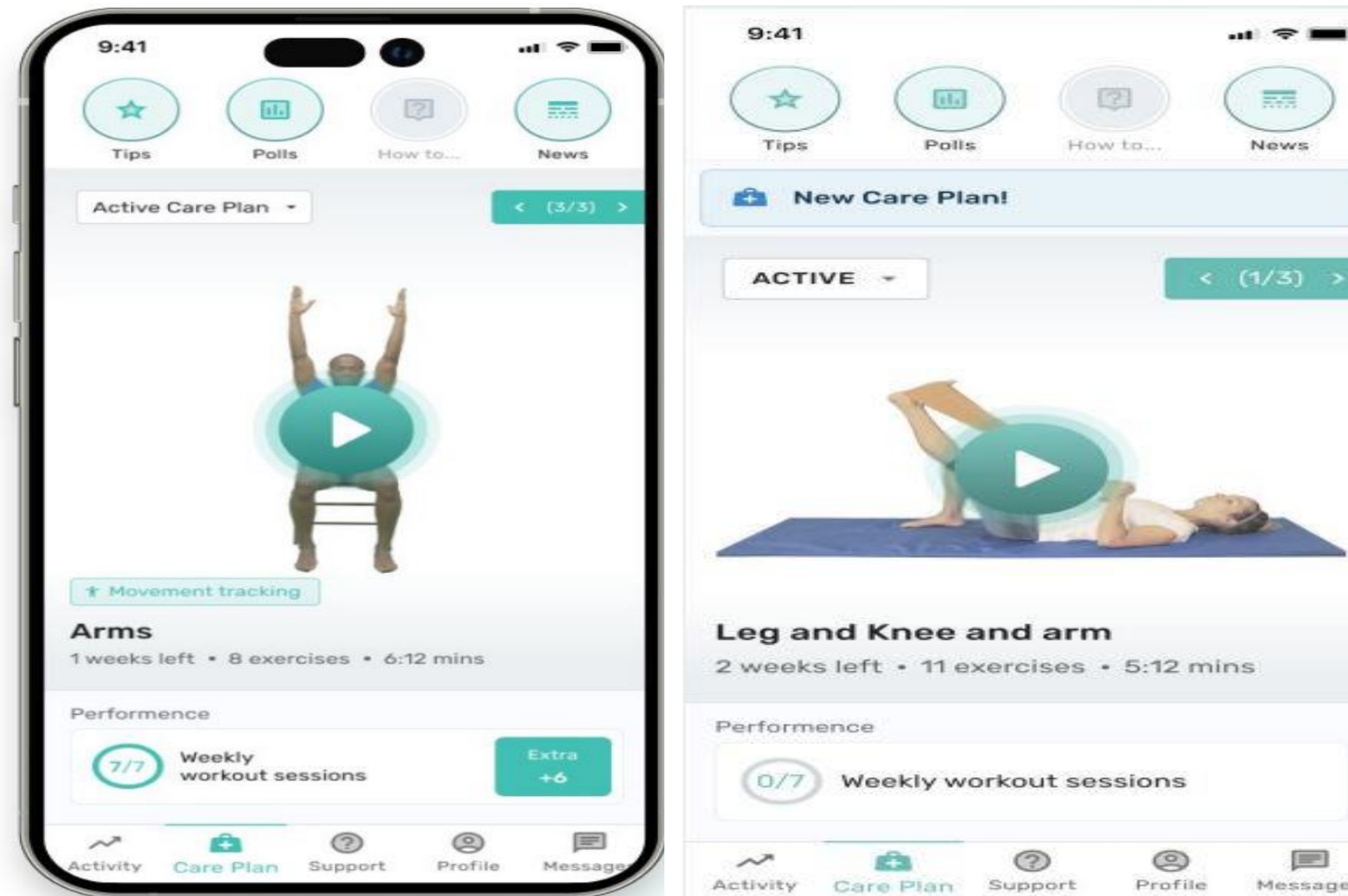
- Telehealth offers a potential solution to improve provider access for patients living in rural communities
- Telehealth rehabilitation applications have shown promising results with potential to improve patient outcomes when used as an add-on to traditional in-person physical therapy services.
- Providing 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

- ✓ ≥80% of participants will have initial physical therapy visit scheduled within 1 week of enrollment – **93.3%**
- ✓ ≥80% of participants will complete their first physical therapy appointment within 1 week of surgery – **85.7%**
- ✓ Zero major adverse events will result from telehealth physical therapy services - **0**
- ✗ Patient's will complete ≥70% of scheduled physical therapy visits – **69.23%**
- ✓ ≥70% of participants will report satisfaction with telehealth services – **100%**



Telerehabilitation could be a feasible solution to improve access to care in rural settings.

Participant Characteristics (N=20)

Variable	Category	n
Sex	Female	13
	Male	7
Race	Black or African American	14
	White	6
Health Insurance Status	Private insurance	6
	Medicare/Medicaid	10
	Uninsured	4

Travel Mileage Saved

	Result
Participants with telehealth sessions	13
Participants with distance available	12
Participants with missing distance*	1
Total telehealth sessions	25
Total travel miles avoided	2,223.6
Mean Distance covered per participant	185.3

## METHODS

**Study Design:** One arm feasibility study- two cohorts

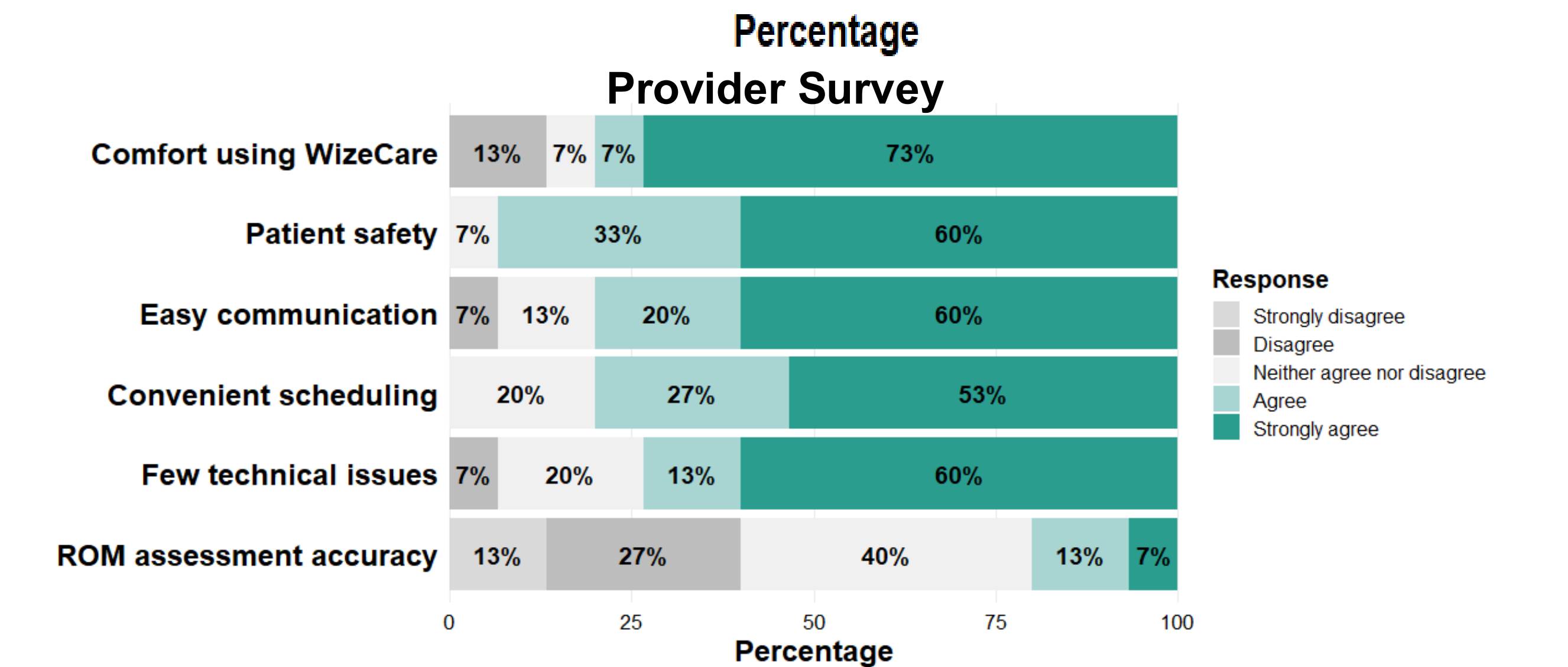
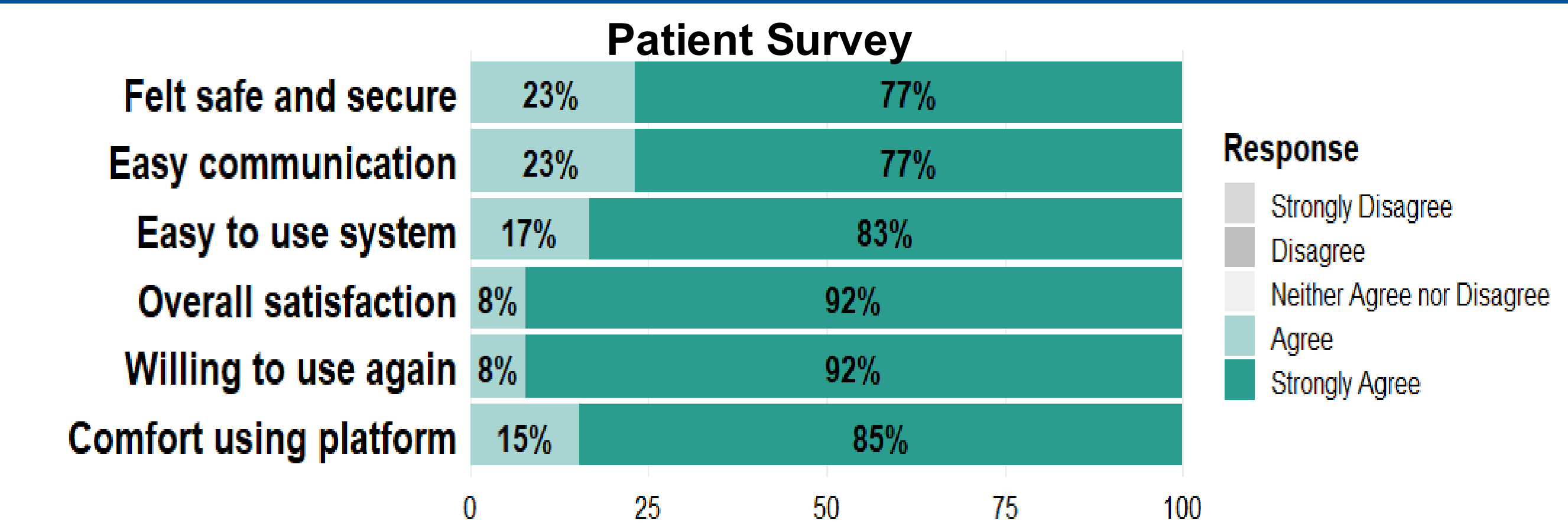
Cohort 1: Surgical candidates for anterior cruciate ligament reconstruction (N=20)

Cohort 2: Physical therapy providers (N=3)  
 Participants received telehealth rehabilitative services until they were seen in person by a physical therapist of their choice.

**Data Collection:**

- Patient and provider post surveys
- Home program and scheduled visit compliance rate

## RESULTS



## CONCLUSION

- Telerehabilitation can be implemented to improve access to care for certain patient populations.
- Future work should investigate broader patient populations and consider the financial feasibility.

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