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RAPID RESEARCH

May 2023

Inside This Week: Is Telehealth Physical Therapy Effective?

-
- ✓ Effectiveness of Tele-Rehab in Physical Therapy

 - ✓ Tele-Rehab in Physical Therapy Practice

 - ✓ Tele-Rehab vs. Face to Face PT



EFFECTIVENESS OF TELE-REHAB IN PHYSICAL THERAPY

MAY 2023

[Click for Full Text
\(Seron et al. 2021\)](#)

JBIR 10/11 [90%]



This systematic review summarized the available information on telerehabilitation in physical therapy in terms of clinical effectiveness, functionality, and quality of life.



KEY FINDINGS

53 systematic reviews included;

Types of Rehab & Outcomes:

Cardiorespiratory [15 studies], MSK [14 studies], Neuro [13 studies], Mixed [11].
FOR Pain, Function, Health-related Quality of Life

Cardio Respiratory Outcomes:

Coronary heart disease had better tele-rehab outcomes for all-cause mortality.
For COPD, no differences in clinical effectiveness between groups.

Musculoskeletal Outcomes:

No difference in clinical effectiveness for pain intensity, functionality, or HRQL.
Some results favored tele-rehab for functionality in patients with knee OA or LBP.

Neuro Outcomes:

No difference between groups for balance, functionality, and HRQL.
Patients with MS had improved balance and HRQL with tele-rehab.

MAIN TAKEAWAYS

Overall for Tele-rehab vs in-person or no rehabilitation:

13 reviews with low risk of bias favored tele-rehabilitation.

17 reported no differences between the groups.

35 with unclear/high risk of bias showed mixed results.

Tele-rehab in Physical Therapy could be comparable with in-person rehabilitation or better than no rehabilitation for conditions such as osteoarthritis, low-back pain, hip and knee replacement, and multiple sclerosis and also in the context of cardiac and pulmonary rehabilitation.

TELEREHAB IN PHYSICAL THERAPIST PRACTICE

MAY 2023

[Click for Full Text](#)
(Suso-Marti et al. 2021)

JBI 11/11 [100%]



This systematic review determined whether telerehabilitation could be an effective alternative to conventional rehabilitation in physical therapist practice



29 studies were included;

Outcomes; Tele-rehab vs. Usual care:

Outcomes in Cardio-Respiratory Conditions:

No statistically significant difference for patient function, or other outcomes.

Outcomes in Musculoskeletal Conditions:

No statistically significant difference for patient function, or other outcomes.

Outcomes in Neurological Conditions:

Statistically significant but negligible effect size (6 reviews) in favor of tele-rehabilitation to improve functional outcomes.

MAIN TAKEAWAYS

Telerehabilitation offers positive clinical results regarding physical function and even comparable with conventional face-to-face rehabilitation approaches, especially in patients with neurological conditions.

The advantages of lower cost and less interference by the rehabilitation processes in patients' daily life could justify implementing telerehabilitation in clinical settings.

Adapting telerehabilitation to the usual practice of physical therapy has to be achieved through a change of paradigm to ensure an effective patient-based telerehabilitation.

TELE-REHAB VS. FACE TO FACE PT

MAY 2023

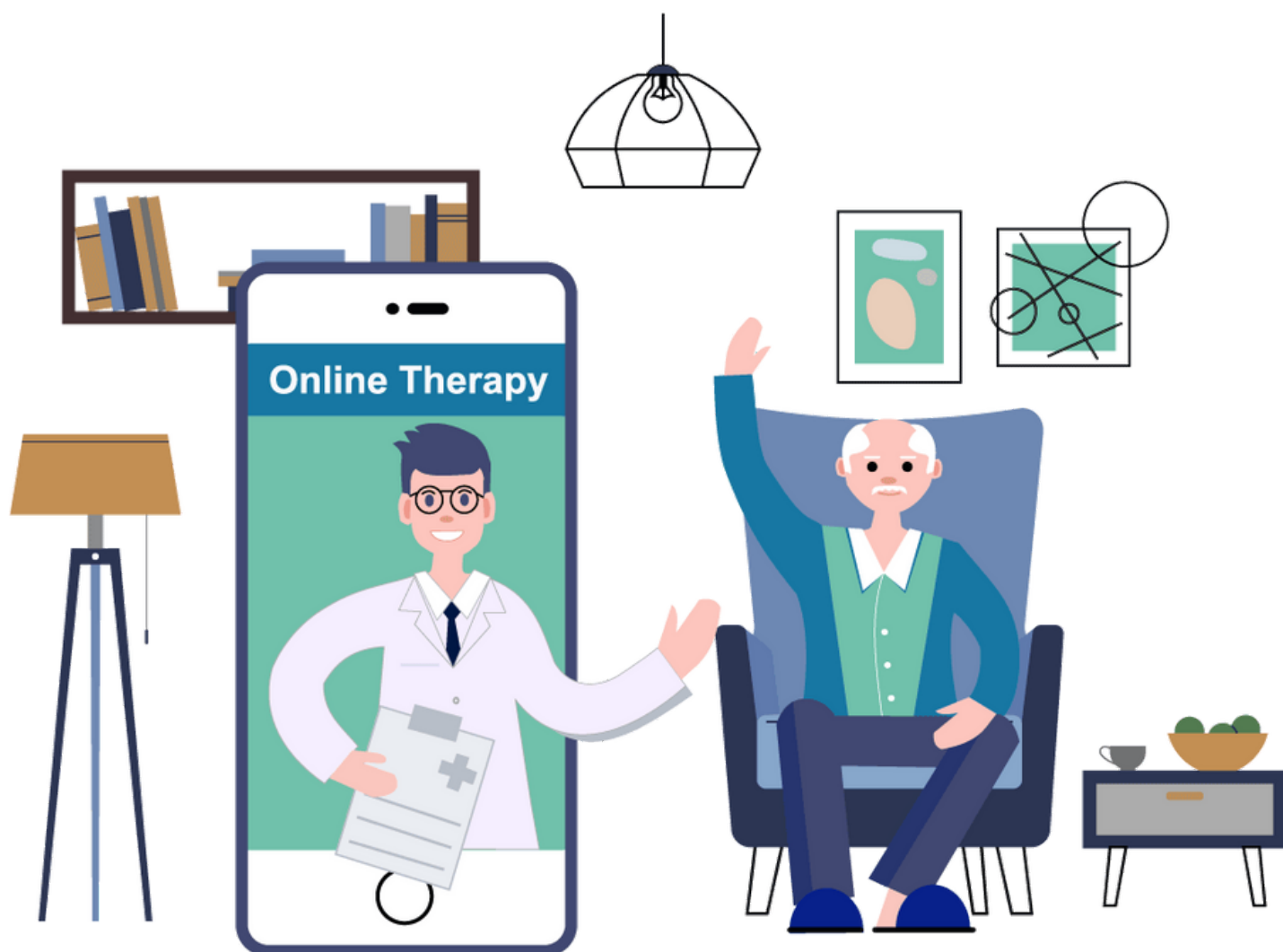
[Click for Full Text
\(Muñoz-Tomás et al.
2023\)](#)

JBIR 10/11 [90%]



*see appx

This systematic review determined the effectiveness of telematically prescribed therapeutic exercise, as well as to identify those pathologies for which therapeutic exercise is most frequently applied and the most frequently used digital tools.



KEY FINDINGS

11 studies included.

Telerehabilitation is most frequently used to treat:

Musculoskeletal, Cardiac & Neurological pathologies.

Most Commonly Preferred Tele-Rehabilitation Tools:

Videoconferencing systems, Tele-monitoring and Online platforms.

Protocols:

Exercise programs ranged on average from 10 to 30 minutes.

Similar across both intervention and control groups.

Outcomes:

In all the studies, results proved to be similar in both groups when measuring functionality, quality of life and satisfaction.

MAIN TAKEAWAYS

Most of the studies concluded that physiotherapy interventions using telerehabilitation were at least as effective as traditional rehabilitation interventions and are considered feasible and effective options.

Telerehabilitation interventions were shown to improve functional level and quality of life, as no significant differences with control groups were observed.

Telerehabilitation tools were generally implemented in the treatment process.

GIVE US YOUR FEEDBACK!

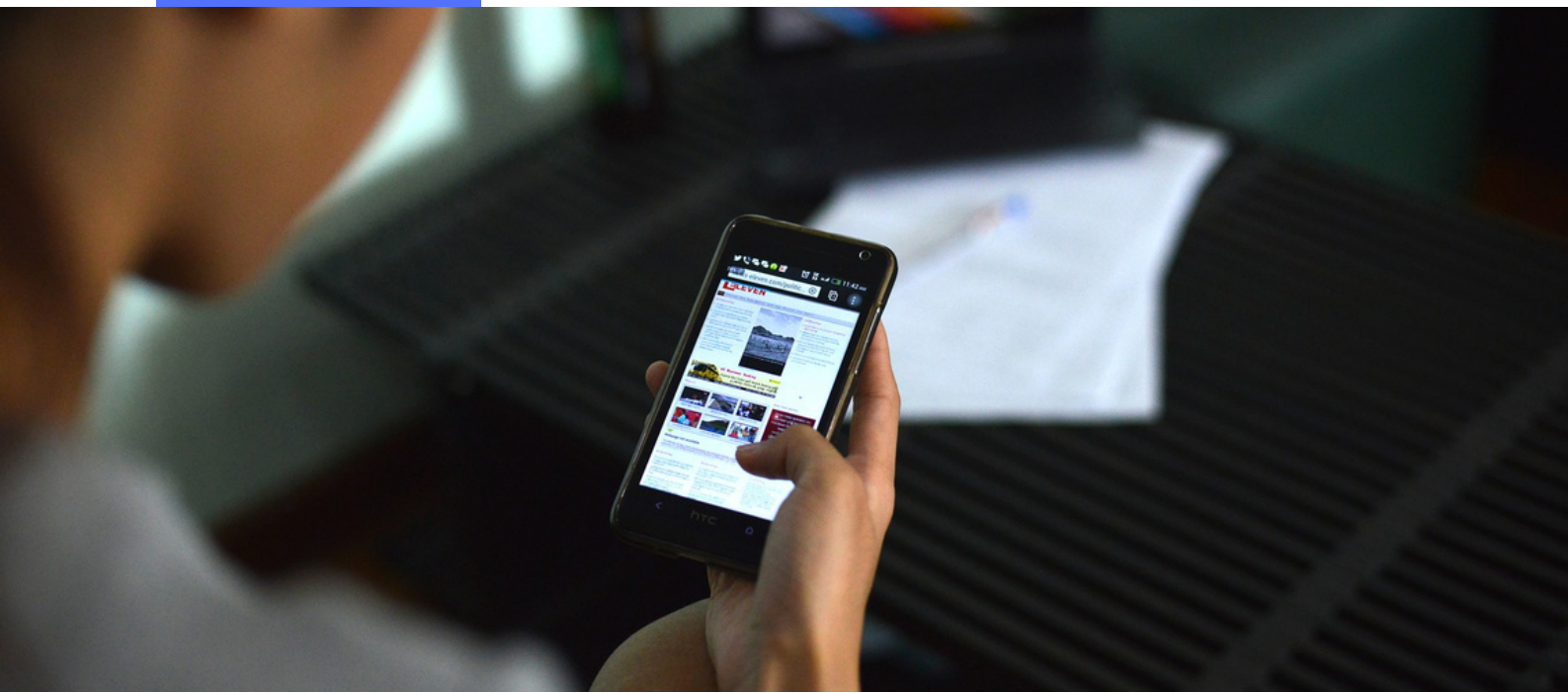
MEMBERS

We are on a mission to make research more accessible, easier to interpret, and quicker to implement.

Help us by giving 1 minute of your time to leave feedback for us.

We would greatly appreciate any feedback you have, as it helps us continually improve!

[Leave Review](#)



JBI CRITICAL APPRAISAL CHECKLIST FOR SYSTEMATIC REVIEWS AND RESEARCH SYNTHESSES

Author: Seron et al. Year: 2021

	Yes	No	Unclear	Not applicable
1. Is the review question clearly and explicitly stated?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Were the inclusion criteria appropriate for the review question?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Was the search strategy appropriate?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Were the sources and resources used to search for studies adequate?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Were the criteria for appraising studies appropriate?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Was critical appraisal conducted by two or more reviewers independently?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Were there methods to minimize errors in data extraction?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Were the methods used to combine studies appropriate?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Was the likelihood of publication bias assessed?	<input type="checkbox"/>	X	<input type="checkbox"/>	<input type="checkbox"/>
10. Were recommendations for policy and/or practice supported by the reported data?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Were the specific directives for new research appropriate?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Overall appraisal: 10/11 (90%)

LIMITATIONS:

Grey literature was not searched.

The data extraction process and evaluation of the risk of bias were not performed in duplicate.

JBI CRITICAL APPRAISAL CHECKLIST FOR SYSTEMATIC REVIEWS AND RESEARCH SYNTHESSES

Author: Suso-Marti et al. Year: 2021

	Yes	No	Unclear	Not applicable
1. Is the review question clearly and explicitly stated?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Were the inclusion criteria appropriate for the review question?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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11. Were the specific directives for new research appropriate?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Overall appraisal: 11/11 (100%)

LIMITATIONS:

Many of the included studies presented low methodological quality and a high risk of bias.

Considerable variability between the systematic reviews in terms of the interventions as well as the end points used for the evaluation.

JBI CRITICAL APPRAISAL CHECKLIST FOR SYSTEMATIC REVIEWS AND RESEARCH SYNTHESSES

Author: Munoz-Tomas et al. Year: 2023

	Yes	No	Unclear	Not applicable
1. Is the review question clearly and explicitly stated?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Were the inclusion criteria appropriate for the review question?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Was the search strategy appropriate?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Were the sources and resources used to search for studies adequate?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Were the criteria for appraising studies appropriate?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Was critical appraisal conducted by two or more reviewers independently?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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11. Were the specific directives for new research appropriate?	+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Overall appraisal: 10/11 (90%)

LIMITATIONS:

Some studies may not have been included due to some databases not being searched.

Difficult to compare results across studies due to different diagnoses and treatments.

Overall, small sample sizes and the lack of a follow-up.