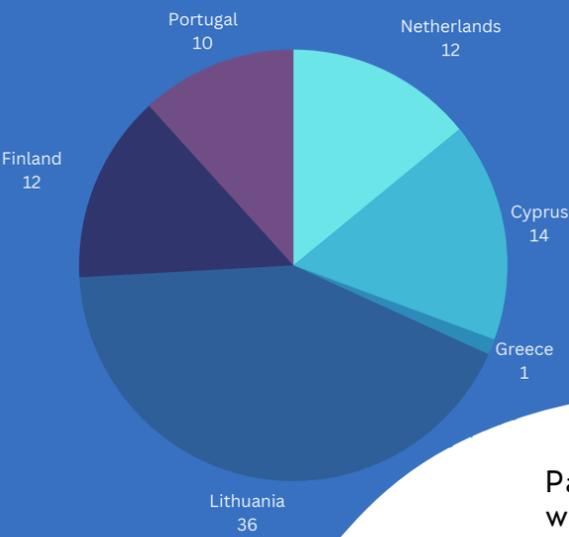


Engaging Physiotherapists and gymnasts in the digital performance of their profession for distance guidance in physical exercise



SURVEY AND CONSULTATION ROUNDS

The REBALANCE consortium hosted a series of consultation rounds and a survey to understand the context and the necessities of the experts in physiotherapy, sports training and sports education in a context of distance guidance. Here follows some of the data collected.

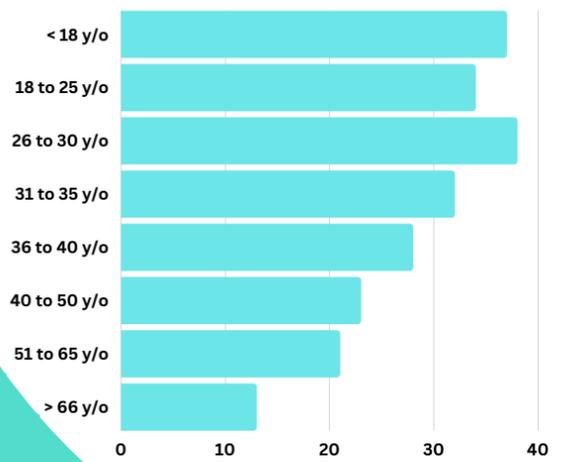


In total, the REBALANCE consortium collected 85 answers from 6 different countries. From this 85 answers, the majority of the enquired experts were from physiotherapy and sports training:



Patient demographics showed that these professionals work with many different types of people with different contexts and different needs:

Age of the patients



People used telemedicine for different reasons, which is why the REBALANCE project decided to enquire the many different professionals connected to different areas that required physical guidance. Some of these reasons are:

- Neurological illnesses (Parkinson, Stroke, ...)
- Musculoskeletal problems
- Diabetes
- Obesity
- Athletic practice
- Paediatrics
- Geriatrics
- Pain

With different needs come different sessions, and these professionals provided guidance through different types of appointments:

Physiotherapy



Physical Education



Physical activities



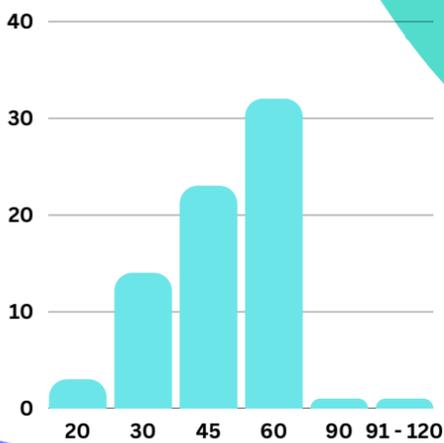
Sport's practice



Health promotion

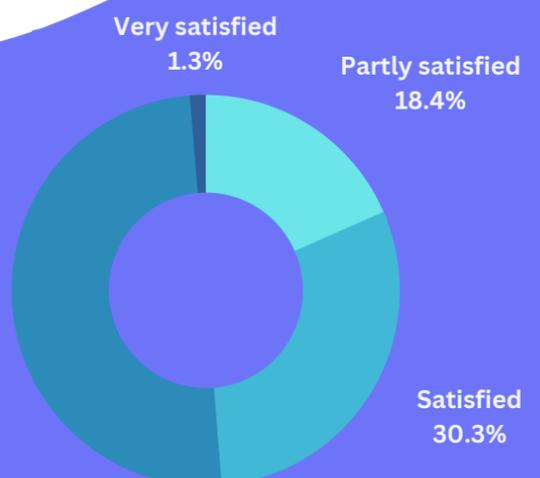


According to the patient's needs, the online session could last from 20 minutes to 2 hours.



When asked about the support and satisfaction of the guidance and use of digital online video tools, the majority of the interviewees admitted to being "more than satisfied" with this temporary solution.

More than satisfied
50%



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