



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

REBALANCE Project

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PROFESSIONAL'S GUIDEBOOK

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Revision History

Version	Date	Author	Description	Action	Pages
1.0	10/01/2024	CEPROF	Creation	C	5
2.0	29/02/2024	CEPROF	Draft	I	14

(*) Action: C = Creation, I = Insert, U = Update, R = Replace, D = Delete

Referenced Documents

ID	Reference	Author	Title
1.			

Applicable Documents

ID	Reference	Author	Title
1.			

Executive Summary

Work is a significant part of our life since we spend at least 1/3 of our day. The Covid-19 outbreak brought an immediate change in our work style and many people were forced to work permanently from home. Within the work from home concept, people exaggerating working hours reduce their movement and the balance of their physical activity. The limited physical activity and the non-ergonomic equipment worsen the body structure, and continuous aches in the back, neck, knees, and hands appear more recently.

The COVID-19 restrictions brought in place the home fitness concept due to convenience and safety. These activities are based either on videos or fitness apps without the personalised guidance from professionals that can encounter the existing musculoskeletal problems of the user. This is a current challenge that appeared for professionals such as physiotherapists and trainers since they cannot assure that their guidance to their patients or clients would be enough to ensure that the execution of these activities would be successful at home without harming themselves.

Physiotherapists and trainers can provide their services in real-time. When instructing clients from a distance, they may lack the technical skills and knowledge to effectively guide them and ensure that their end practitioners do not harm themselves.

The Rebalance project aims to solve these problems by identifying the following needs:

- The need to enhance training on performing physical exercises in circumstances when a physiotherapist or trainer is not available in real-time, using digital methods
- The need for physiotherapists and trainers to improve their services by implementing digital solutions that allow them to provide individualised assistance to their patients/clients, even if they can't teach them in real-time.
- To increase awareness about the negative effects of long periods of sitting on one's physical structure and health.

To meet the detailed requirements, we want to develop an accessible online solution improving the conditions in which physiotherapists and trainers may guide persons from a distance without having to deal with generic training apps. Professionals who take part in our program will learn how to use new technologies in their industry, develop their digital abilities, and receive a final, free-to-use product to operate in their daily activities.

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1. Introduction

Result 2 (R2) of the project entails the creation of an accessible cross-platform solution designed to host instructional materials and training plans directly linked to the identified needs, skills, and methodologies established in Result 1 (R1). This cross-platform tool holds significant value for professionals within our direct target group, offering them a novel and cost-free resource to bolster their work and enhance their services through the integration of digital technologies. Moreover, this innovative platform extends its reach to individuals within our indirect target groups, particularly those seeking safer and more tailored home exercise routines to address their musculoskeletal issues.

The development of R2 addresses a critical need within the domain of physiotherapy, training, and body endurance. It seeks to introduce a new method of instructional exercises tailored specifically for home-based physical activity. By ensuring individuals have access to personalized online solutions, complete with guidance from accredited physiotherapists and qualified gymnasts, the platform addresses the challenges associated with distance learning in the context of home-based exercise programs.

This result caters to two primary target groups:

- Direct: Physiotherapists, Gymnasts, VET educators specializing in physiotherapy and athletics.
- Indirect: Healthcare professionals, Employers, Business owners, HR managers, and Employees with sedentary occupations.

The methodology for developing this platform involves collaboration with professionals keen on contributing to the project's objectives, coupled with support from domain experts to ensure effective implementation. The resulting web-based cross-platform will feature interactive elements, primarily in the form of instructional videos, providing learners with anytime access to follow their personalized training programs.

Key features of the platform include user profiles, customizable filters to cater to individual needs, automated notification functionality via email or SMS, rating capabilities for ongoing feedback and improvement, a favourite exercise bookmarking feature, completion badges for gamification, and the generation of new content exclusively for professionals in the field.

In terms of innovation, the platform's standout feature lies in its ability to allow users to personalize their training programs based on their specific health needs, facilitated by filters curated by domain experts. This ensures users can engage in exercises safely, minimizing the risk of injury. The incorporation of automated reminders, alongside gamification elements such as badges, further enhances user motivation and engagement. Additionally, the platform's unique offering of enabling professionals to generate their content sets it apart from existing fitness apps. Its accessibility as a web application ensures ease of use across various devices and contexts.

The anticipated impact of this platform is significant, as it is expected to be widely adopted by physiotherapists and trainers as a valuable tool within their practices. By offering a personalized approach that allows users to tailor their profiles to their individual needs, the platform stands to make a tangible difference in improving the health and well-being of end-users while simultaneously advancing the services provided by our direct target groups.

Furthermore, the transferability of the platform is underscored by its web-based nature, which enables easy access via a web server across multiple devices without the need for installation. This responsive

cross-platform design ensures seamless integration and adaptability to various contexts, contributing to its potential for broader dissemination and impact.

USER'S GUIDE

This platform, developed as part of Result 2 (R2), holds paramount importance in addressing the evolving needs of professionals and individuals within the realm of physiotherapy, training, and body endurance. Its significance lies in its provision of a comprehensive and accessible resource that bridges the gap between traditional training methods and modern digital technologies, thereby enhancing the quality of services and improving health outcomes.

This platform caters to a diverse audience, serving as a valuable tool for:

- Physiotherapists seeking to expand their repertoire of instructional exercises and training methodologies.
- Gymnasts looking to augment their skills and knowledge base in physiotherapy-related practices.
- VET educators specializing in physiotherapy and athletics, aiming to enrich their teaching materials and methods.

Additionally, the platform extends its reach to individuals within indirect target groups, including:

- Other healthcare professionals seeking supplementary resources for their practices.
- Employers and business owners interested in promoting health and well-being initiatives among their workforce.
- HR managers aiming to support employees with sedentary job roles in maintaining physical fitness.

The platform itself is a user-friendly cross-platform solution accessible via web browsers. It hosts a wealth of instructional materials and training plans tailored to the specific needs and skill levels of users. These materials cover a broad spectrum of exercises related to physiotherapy, training, and body endurance, curated by accredited professionals in the field. Users have the flexibility to personalize their training programs through customizable filters, ensuring that exercises are tailored to their individual health needs and preferences.

Key features of the platform include:

- User profiles enabling personalized experiences.
- Customizable filters for targeted exercise selection.
- Automated notification functionality to keep users engaged and on track with their training.
- Rating capabilities for user feedback and continuous improvement.
- A favorite exercise bookmarking feature for easy access to preferred routines.
- Gamification elements such as completion badges to motivate users.
- Access to new content generated exclusively by professionals in the field.

In summary, this platform serves as a comprehensive and accessible resource catering to the diverse needs of physiotherapists, gymnasts, VET educators, and individuals seeking personalized home exercise solutions. Its user-friendly interface, customizable features, and wealth of instructional materials make it an indispensable tool for advancing knowledge, promoting health, and improving outcomes in the field of physiotherapy and beyond.

Home

The "Home" section of the Rebalance project platform extends a warm welcome to all participants, setting the tone for engagement and collaboration. Within this pivotal section, users encounter four carefully curated segments designed to provide essential information and facilitate a deeper understanding of the project's scope and purpose.

Initially, users are guided through comprehensive instructions on navigating the platform, ensuring seamless interaction and utilization of its features. This ensures that users can swiftly acclimate themselves to the platform's interface and maximize its utility.

Following this, a concise yet informative presentation outlines the core objectives and aspirations of the project. By offering a clear overview, users gain insight into the overarching mission and goals driving the initiative forward, fostering a sense of purpose and alignment among participants.

The subsequent section delves into the concept of a "Cross-Training Platform," elucidating its significance and the rationale behind its development. Through insightful explanations and examples, users gain a deeper understanding of how this innovative approach fosters cross-disciplinary learning and collaboration, enriching the overall project experience.

Lastly, users are introduced to the esteemed project partners whose collective expertise and support are instrumental in realizing the project's objectives. Furthermore, users are provided with the opportunity to explore the websites of these partners, facilitating deeper engagement and potential collaboration opportunities.

In summary, the "Home" section serves as an informative and inviting gateway, laying the foundation for meaningful participation and collaboration within the Rebalance project community.



Home My Plan All Exercises My Achievements Contact



Welcome to the Cross Training Platform

Instructions to the users

Create an account via the Log In option at the top of the page.
Fill in the parts required and select between the body parts categories based on your needs. Custom activities will be presented based on your selections.
Mark the activities that you prefer the most as Favourites so that you can easily access them through the My Plan and My Favorites option.
Mark your activities as Completed to gather points and see the badges you earn through the My Achievements section. Ready to start? Create your account now!

In the Home section we can find the welcome and instructions, this is the first part that the participants will have access in the platform.

The REBALANCE project

This project aims to train physiotherapists and professional sports trainers to adapt to new technologies, tools, and trends for their services' distant provision. Professionals participating in our program will learn how to exploit new technologies in their sector, enhance their digital skills, and receive a final, free-to-use product to operate in their daily activities and support the distance guidance of their clients/patients in physical endurance.

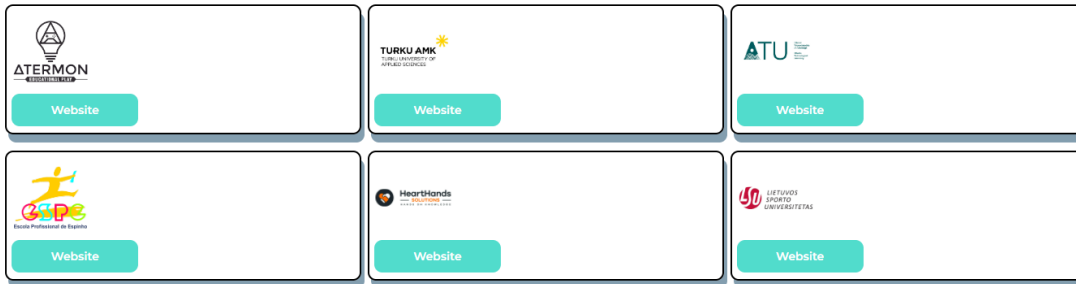
The second part of the “Home” section is a brief presentation of the Project.

Cross-Training Platform

This platform is an interactive platform with instructional scenarios to support the tailor-made physical exercise of users, based on their everyday needs and musculoskeletal problems, as well. The platform includes exercises that support the work-life balance of in-house and remote employees following a sedentary lifestyle. The goal is to activate their body in their everyday performance reducing screen time and boosting their bodies for the prevention of musculoskeletal problems. The proposed activities can be performed on an everyday basis and together with distant guidance from a healthcare professional or sports trainer.

In the third part participants will find a brief explanation of what is a Cross-Training Platform.

Who we are



REBALANCE

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Useful links

[Our Website](#)
[Privacy policy](#)



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Finally, the “Home” section ends with the partners presentation, and the project social media links.

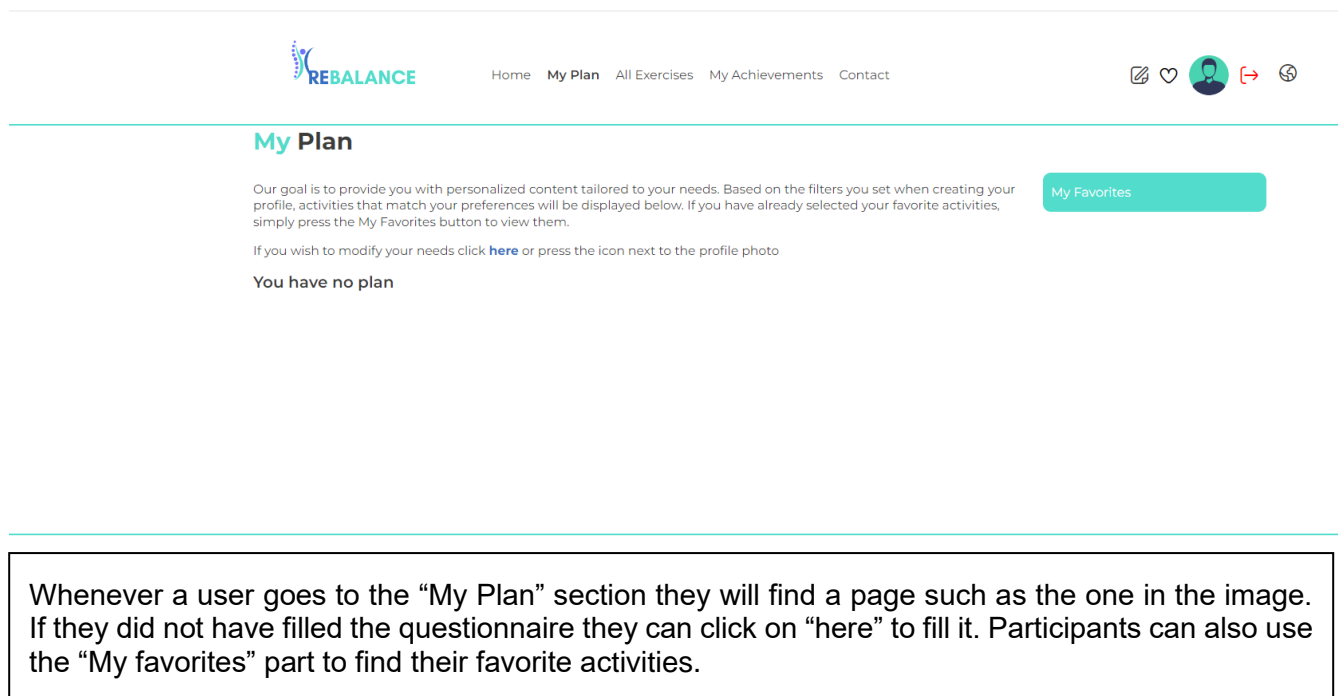
My Plan

The "My Plan" section stands as a personalized haven within the platform, meticulously tailored to cater to the unique needs and aspirations of each user or participant. Here, individuals can delve into comprehensive information and meticulously curated exercise plans, all meticulously designed to address their specific requirements and goals.

To ensure the utmost relevance and effectiveness of these plans, participants are prompted to complete a detailed form. This form serves as a vital conduit, allowing individuals to articulate their needs, preferences, and expectations precisely. Through this process, participants actively contribute to creating tailor-made content that resonates with their unique circumstances and objectives.

Moreover, the "My Plan" section offers a seamless user experience, empowering participants to mark certain activities as "favorites." This intuitive feature streamlines navigation, enabling individuals to effortlessly revisit and engage with preferred exercises. By curating a collection of favored activities, participants can cultivate a more personalized and enjoyable fitness journey.

In essence, the "My Plan" section epitomizes the platform's commitment to individualized support and empowerment, providing a dynamic space where users can embark on a journey of self-discovery and holistic wellness.



Whenever a user goes to the "My Plan" section they will find a page such as the one in the image. If they did not have filled the questionnaire they can click on "here" to fill it. Participants can also use the "My favorites" part to find their favorite activities.

All Exercises

Within the "My Exercises" section, users encounter two distinct areas, each serving a crucial role in facilitating their fitness journey. The first area encompasses a comprehensive search interface, equipped with intuitive filters to streamline the exploration process. Users are empowered to refine their search based on three key parameters: "Exercise Category," "Duration," and "Repetition Frequency within the week."

This sophisticated search functionality enables users to meticulously tailor their exercise selection to meet their unique preferences and objectives. Whether focusing on specific muscle groups, allocating time constraints, or structuring their workout frequency, users have the flexibility to customize their search criteria with precision.

Upon initiating a search, users are seamlessly guided through a step-by-step process. They begin by specifying the targeted body part for their exercise regimen, ensuring a targeted approach to fitness training. Subsequently, users can fine-tune their search by indicating the desired duration for each exercise session, accommodating varying schedules and fitness levels.

Finally, users have the opportunity to define the frequency of exercise sessions within the week, aligning their workout routine with their personal goals and commitments. This meticulous attention to detail empowers users to curate a bespoke exercise regimen that not only meets their physical needs but also complements their lifestyle.

In essence, the "My Exercises" section serves as a dynamic hub where users can embark on a journey of exploration and self-improvement. By leveraging advanced search capabilities, users can discover tailored exercises that resonate with their individual preferences and aspirations, paving the way for a more fulfilling and effective fitness experience.

Exercise Category

- Any -



Duration

- Any -



Repeating within the week

- Any -



The search area in the “My Exercise” section with its 3 different searching methods.

Title:

Strength - Single leg calf raise against a wall

Duration:

4 to 5 minutes

Workouts:

3 times per week

Title:

Strength - Bilateral Calf Raise (against a ball)

Duration:

4 to 5 minutes

Workouts:

3 times per week

Title:

Strength - Bilateral Calf Raise (against a wall)

Duration:

4 to 5 minutes

Workouts:

3 times per week

Title:

Ankle hops

Duration:

4 to 5 minutes

Workouts:

3 times per week

The area above is the one that appears after searching for any exercise, it is the result area of the section.

My Achievements

Within the "My Achievements" section, users will discover a curated selection of gamification badges, thoughtfully designed to serve as potent motivators in their fitness journey. These badges are strategically employed to inspire and incentivize users to engage more deeply with the array of activities available within our application.

As users actively participate in these activities, they earn valuable experience points, symbolizing their progress and dedication. This progression is visually represented through an intuitive progress bar, offering users a tangible measure of their advancement towards badge attainment. This visual feedback mechanism not only enhances user engagement but also fosters a sense of accomplishment as users work towards their goals.

Upon clicking on a badge of interest, users are presented with a comprehensive pop-up window. This window not only provides information on the specific requirements for earning the badge but also offers valuable insights into the anticipated timeframe for achievement. By offering this level of transparency, users are empowered to set clear objectives and track their progress with precision.


It's important to note that our gamification system includes a diverse range of seven distinct badges, each representing a unique milestone in the user's journey. From beginner accomplishments to more advanced achievements, these badges cater to users of all levels, ensuring that everyone can find motivation and recognition within our application.

In conclusion, we believe that these gamification badges serve as powerful catalysts for user engagement and retention. By recognizing and rewarding user accomplishments, we aim to inspire continued usage of our application and foster a sense of enjoyment and fulfilment in the pursuit of personal fitness goals.

Available
Earned


Available badges

Badge for Feet Physical Exercises




0%

Badge for Shoulders & Chest Physical Exercises



0%

Badge for Full Body Physical Exercises

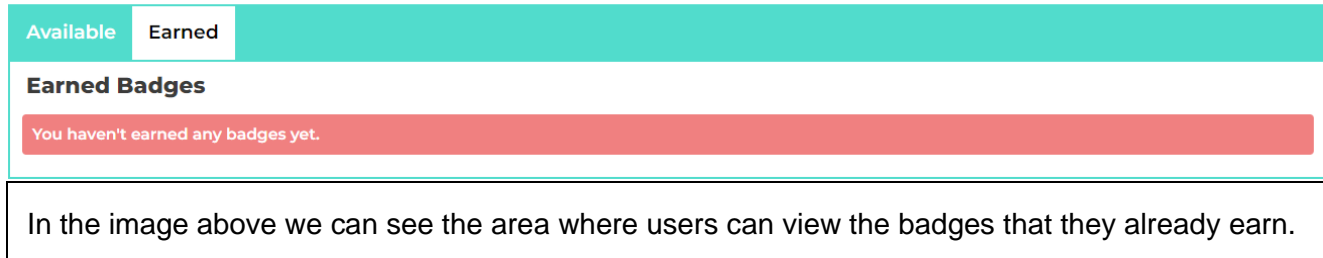


0%

In the "My Achievements" section users can find the available badges that they can earn.

My Achievements

Under the My Achievements section, you will find our gamification badges. These badges serve as a motivational tool to encourage you to perform more activities. As you perform more activities, you will gain experience, which is reflected in the progress bar towards obtaining the badge. When you click on a badge, a pop-up window will display information on when you can expect to earn the badge. We hope these badges motivate you to continue using our app and enjoying the activities we offer!



Contacts

The contact section of our platform serves a vital purpose as the primary channel of communication between users and project partners. This section provides a seamless avenue for users to interact directly with project stakeholders, facilitating invaluable feedback and fostering meaningful dialogue regarding both the platform and the overarching project.

Within this section, users are encouraged to share their insights, suggestions, and queries, thereby actively contributing to the refinement and enhancement of the platform's features and functionalities. Whether users seek clarification on project objectives, desire assistance navigating the platform's interface, or wish to provide feedback on their user experience, the contact section serves as a welcoming space for open communication.

Using this section is intuitive and straightforward; users are simply required to fill in the essential fields, including the "subject" and "message." This streamlined process ensures that users can quickly and efficiently convey their thoughts and concerns without unnecessary barriers or complications.

Importantly, we prioritize the confidentiality and privacy of our users. Rest assured, any information provided through the contact section remains strictly confidential and will never be shared with any third-party organizations. Our commitment to maintaining the integrity of user data underscores our dedication to building a trustworthy and user-centric platform experience.

In summary, the contact section embodies our commitment to fostering transparency, collaboration, and user empowerment. We encourage users to leverage this resource as a platform for constructive dialogue, enabling us to continuously improve and evolve in alignment with user needs and preferences.

Contact the REBALANCE Team

Your name

João Gonçalves

Your email address

joaogoncalves@espe.pt

Subject*

Message*

Send yourself a copy

Send message

The image above is the image that users will find whenever entering the “Contact” section of the platform.