

On online exercise coach for rehabilitation

The online exercise coach is an exercise program on the internet that is developed in Enschede, the Netherlands by Roessingh Research and Development and Roessingh, Centre for Rehabilitation (RCR). It is designed for patients who undergo a painrehabilitation program in RCR. The online exercise coach is meant for supporting the rehabilitation process.

The program gives the physiotherapists the opportunity to design a personal exercise program for the patient at distance. The program gives the patient the opportunity to see his or her exercise program at home through the internet.

On the online exercise coach patients have the following possibilities:

- To get guidance by exercising the correct way at home. In terms of strength, flexibility, condition, etc. It is done by using digital photo's, video's, written and spoken instructions.
- To get information about the theory behind ways of training and exercising.

It is possible to use it during and after the rehabilitation period. Based on the patients progress the exercise program can be adjusted to keep the training process going.

The rationale behind this program is that patients usually are sent home with a home-exercise program. It is very important that patients exercise in a proper way to get an optimal training effect. During the therapy there is a lot of attention to the quality of the exercises and how they are performed. At home the feedback and control of how exercises are performed is missing. It is well known that a lot of patients forget exercises once they are at home or discharged.

Normally the patients get their home-exercise program on paper, with a drawing or picture of the exercise and a written instruction. The problem is that it is hard to show a movement on a picture or to describe it well with written text. Moving pictures is much better and clearer. It is also very illustrative to combine a video of the exercise with written and spoken text.

With the online exercise coach the therapist designs a personal exercise program during the rehabilitation therapy. It is possible to log in from every internet connection, so the patient can fit in exercising in his daily program. The online exercise coach supports the rehabilitation process.

The personal exercise page on the online coach website is shaped in a simple way, so the patient can choose between three menu's: exercises, exercise program and start the exercise program.

Under "exercises" you find the personal exercises chosen for the patient.

Under "exercise program" you find an overview of the program for one week and the possibility to plan the program for a week.

Under "start the exercise program" the patient can follow each programmed exercise step by step.

Also the patient can find information ways of training specific themes like strength and coordination. For questions and feedback patients can make use of the email possibility. Then the mail will be answered by his or her therapist as soon as possible.

For questions please contact f.geerdink@roessingh.nl