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Telerehabilitation for patients with chronic pain; a first exploration of the satisfaction and compliance to a webbased home exercise program

Miriam Vollenbroek Hutten<sup>1</sup>, Kim Bakker<sup>2</sup>, Daan Wever<sup>2</sup>, Rianne Huis In 't Veld<sup>1</sup>, Hermie Hermens<sup>1</sup>

<sup>1</sup>Roessingh Research and development, Enschede, The Netherlands

<sup>2</sup>Rehabilitation Center het Roessingh, Enschede, The Netherlands

**INTRODUCTION:** In rehabilitation treatments for patients with chronic pain, exercise treatment is an essential element. During various treatment sessions patients learn which exercises, how and how often to perform to gain and maintain a physically better condition. Outside the rehabilitation setting patients have to translate their learned skills into their own home situation. Because of various/variable factors, many patients experience difficulties in this and stop performing exercises. The consequence is a decreased motivation and reasonable deterioration in health status. It is hypothesized that new treatment concepts that support the patient to exercise at home makes pain treatment more effective. The objective of this study is to pilot evaluate the satisfaction and compliance of patients with chronic pain with respect to a webbased home exercise program.

**METHODS:** For ten patients with chronic low back pain a physiotherapist selected appropriate exercises out of a database of about 200 different exercises and instructed each patient how to use the webbased home exercise program. They were instructed to exercise for 4 weeks, 3 times a week at home using this program. At baseline attitude, social value, self-efficacy, and intentions were measured. At the end of every week as well as at the end of the four weeks compliance to treatment and satisfaction were measured

**RESULTS:** Patients are very positive towards the webbased home exercise program as well as to its ease of use. The compliance to exercise is very high. For each of the four weeks the average exercise frequency is between 2 and 3 session a week. The overall compliance to exercise therapy over the four weeks is about 85%.

**CONCLUSION:** Despite the very limited patient group involved, the results give some first indications that a webbased home exercise program is of potential to increase compliance to exercises after a rehabilitation program

**Keywords:** telerehabilitation, chronic pain, exercise, compliance, satisfaction

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