

Evaluating the impact of electronic exercise prescription software on compliance with a physiotherapy program

ACTRN12622000098730

Status	RECRUITING
Sponsor	John Hunter Hospital
Enrollment	106 participants

Plain Language Summary

Home exercise programs are a cornerstone of physiotherapy — but many patients struggle to remember what exercises to do, how to do them correctly, or find paper handouts easy to lose or ignore. This study is comparing traditional paper-based exercise prescriptions with a smartphone app-based system, to see whether digital delivery improves how well patients stick to their program and achieve their rehabilitation goals.

Patients referred to physiotherapy for a shoulder, hip, knee, or lower back complaint will be assigned to either the paper or app-based exercise program. The study will track adherence (how often they do their exercises), outcomes (how much their condition improves), satisfaction with their program, and how well they understand what they are doing and why.

You may be eligible if you are 18 or older, have been referred for physiotherapy management of one of these joint complaints, need a home exercise program for at least two weeks, and have a smartphone or computer with internet access. People referred for multiple joint problems at once are not eligible. This study addresses a very practical question with big potential implications: if digital exercise prescriptions meaningfully improve adherence, this technology could be adopted widely to improve outcomes for the many millions of people who undergo physiotherapy each year.

Key Eligibility Criteria

Inclusion (3)

- Patients referred for Physiotherapy management of a Shoulder, Hip, Knee or Lower back complaint with or without referring symptoms.
- Referred for a single joint complaint requiring a home exercise program of at least 2 weeks duration as part of their Physiotherapy treatment plan
- Requiring a minimum of two Physiotherapist appointments (initial and follow up).

Exclusion (2)

- No access to a smart device or computer with internet access
- Referral for multi joint complaint

Locations (2 total)

John Hunter Hospital - New Lambton, NSW, Australia
Belmont Hospital - Belmont, NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12622000098730>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.