



## TELEREHAB IMPROVES PATIENT ENGAGEMENT, OUTCOMES, DATA TRANSPARENCY AND PRACTICE WORKFLOW

With a shift to value-based care and bundled payments, providers are increasingly incorporating Telerehab. Remote care reduces costs while improving patient satisfaction and access by extending care management into the home. This transition is further supported by data transparency with actionable metrics, saving staff time and money.

The Trainer Rx mhealth platform supports recovery from orthopedic injury or surgery. Anytime. Anywhere.

### How Trainer Rx Works:

Similar to traditional physical therapy, clinicians prescribe Trainer Rx. Patients pay a low fee (equivalent to the cost of a single co-pay) to access their physical therapy exercise “pathway.” Available through a web portal or app, the programs follow clinical protocols sourced from leading peer-reviewed journals with access provided for up to 1 year. Exercise advancement is based on patient feedback, engagement, and biologically based algorithms.

Home self-care instructional videos are delivered at appropriate times in care path. The videos use stunning images to increase patient interest and engagement. With Trainer Rx, rehabilitation can be completed anytime, anywhere and on any device – a must for people on the go or the injured worker.

- 600,000 Sessions Completed
- Average engagement 90 days

Designed by medical, surgical and physical rehabilitation experts with healthcare providers and patients in mind. Features include:

- Machine Learning Technology (adjusts content based on patient feedback)
- PROMs [patient-reported outcome measurements] are delivered and scored with results displayed in graphic format throughout recovery
- Content powered by Behavioral Change Theory
- Home self-care content to help transition from clinical environment to home [i.e. proper use of crutches/walker/cane, cast care, wound care, getting in and out of the car after total hip replacement]
- Real-time data analytics, allows providers to view patient outcomes and risk manage their patients

*50% Of People Age 18+ Develop a Musculoskeletal Injury That Lasts Longer Than 3 Months*

Traditional PT



Trainer Rx



MSK Injuries  
 Referred to PT  
 Completed PT

### Early Adoptors:

- One Medical
- OrthoIndy
- OrthoIllinois
- Cal Sports and Ortho
- NorthShore Health Systems

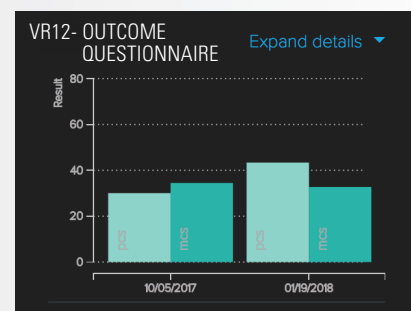
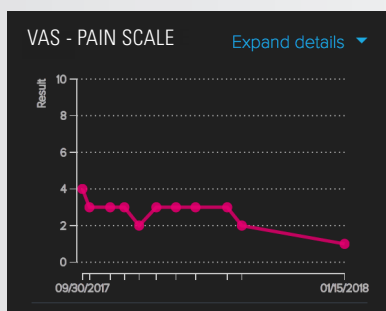
## Trainer Rx Improves the Care Experience

Interested in delivering modern home rehabilitation for your patients?

Trainer Rx users experience decreased out of pocket expenses and elimination of transportation issues. They also appreciate the educational material which aids in understanding their diagnosis.

- Protocols are developed with over 500 peer reviewed clinical reference articles
- Patients on average record a **25% reduction in pain scores**
- 88% Net Promoter Score

- Trainer Rx's user-friendly design allows providers to review patient recovery with minimal effort.
- Critical warnings of high pain levels, disengagement or failure to progress are prominently displayed in providers dashboards. Urgent email notifications to aid in risk management.



**“This is a great program. Well researched, well planned and presented. It is just difficult enough to push me, but not overwhelming. It is easy to use and very convenient. It has given me very good results.”**

— Steve, surgical patient Trainer Rx user for 90 days

## Wearable Integration



Fitbit®



Apple Watch



Available in the Apple Store / Android Store  
Search **“Trainer Rx App”**