



Sports & Fitness Medicine Centre

Research - The effectiveness of Tele Pain Management and Rehabilitation Exercise

This is a Descriptive study to find out the Effectiveness of Tele Pain Management Therapy (Myofascial Trigger Point therapy) and Tele - Rehabilitation Exercise for Musculoskeletal Pains (MSK pains) following a Tele Consultation. The study is done for **SPARRC TELEMEDICINE DEPARTMENT** by the internal Research department of the centre.

The study shows that total number of Tele Consultations are 324 in a span of 45 days from all over the world (India, USA, Australia, Iraq, Saudi Arabia, Canada, Bangladesh, Indonesia, Singapore, Srilanka, Nigeria, Germany) out of which 220 patients have completed the treatment. Both the Pre-Therapy Assessment and Post-Therapy Assessment of pain is done using NPRS scale (numeric pain rating scale) with 0-marked as No pain and 10- Marked as Maximum pain that can be experienced by the patients.

The average number of days for treatment for different Musculoskeletal pain conditions are **6.2-6.8** days. From the above mentioned data it is very clear and evident that the time taken i.e. **The average duration for treating any MSK condition is less than 7 days**. The average Pre-Therapy score was **8.64** and after the Tele-Therapy program, average score is **2.37**, a significant score which in turn statistically shows that there is a remarkable improvement through Tele-Therapy programs for various MSK conditions treated in SPARRC.

Following Therapy, Rehabilitation exercise pertaining to the MSK condition was started for 86 patients, Average Pre Rehab Pain score is **2.37** and after the completion of 3 Phases of Rehab, **the average Post Rehab Pain Score is 1.19**. This data clearly shows that the Rehabilitation done through Tele Exercise programs in phases is again showing a definite change in the pain rating score.

Therefore the outcome of the study shows that there is a significant improvement in both Tele Therapy and Tele Rehabilitation.

Note: This is an ongoing study, the data collected above is limited to 45 days and this study will be completed by a total of 90 days.

By
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