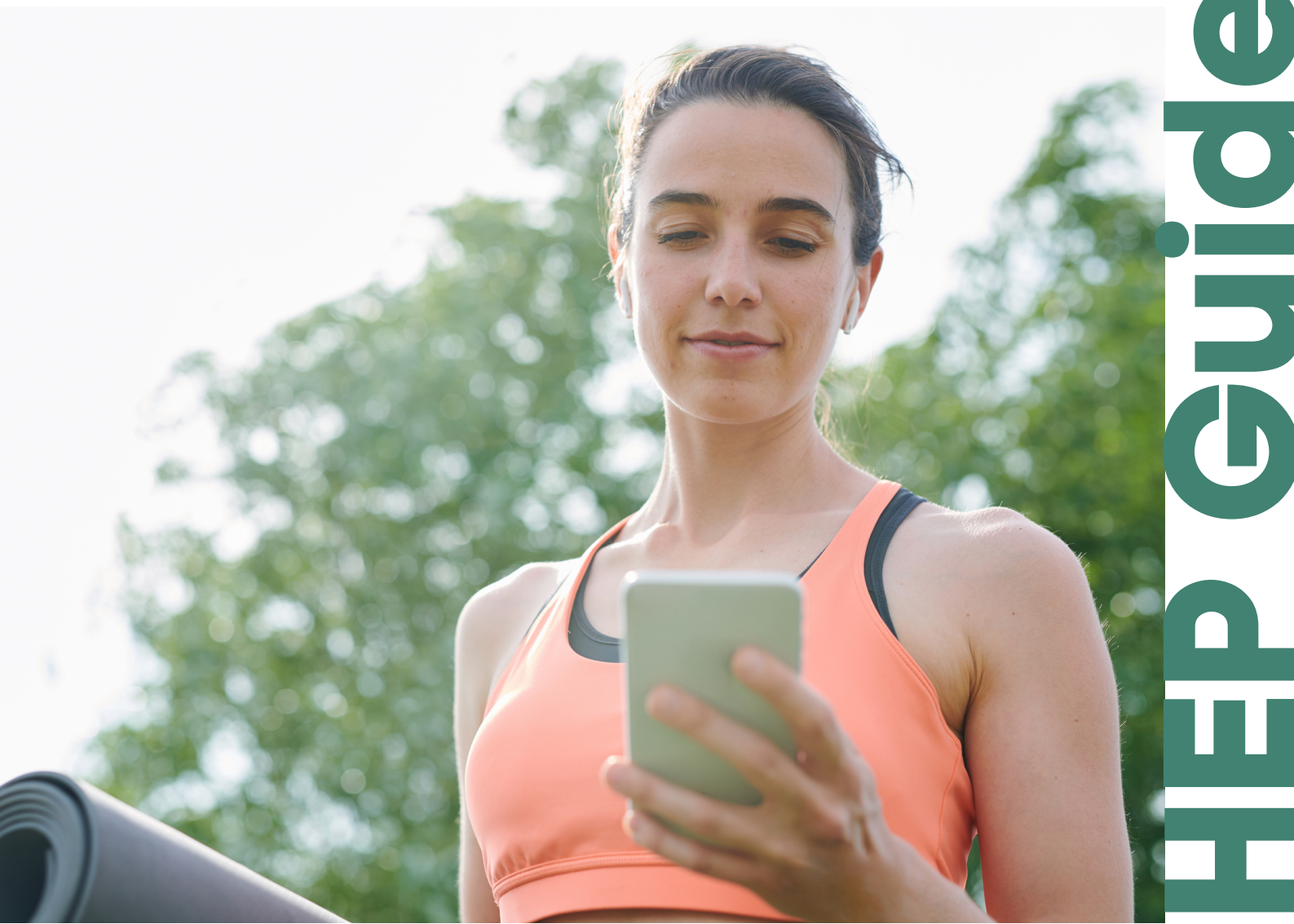


What to keep in mind when choosing a HEP tool? This guide will help you to find what you need.



5 things to consider when choosing a **home exercise prescription tool**



HEP Guide



Introduction

Exercise is key. More and more research shows that the more a patient does their exercises at home, the better their recovery gets. To improve outcomes, research shows that the best way to improve adherence to home exercise programs (or HEP) is by using digital applications.

With Covid increasing digital health usage, and clinics moving more and more into the digital age, the number of solutions available to prescribe exercises digitally has also increased significantly. The problem is; where to begin? This whitepaper will help you make a good decision on which system **is best for you.**

Did you know

64%

of patients forget how to do their exercises?

[According to this study.](#)



01 Exercises in the library

In most cases, Home Exercise Prescription tools will include a content library with exercise videos that you can choose from. You should consider:

- **Number of exercises:** Does the library contain a varied amount of exercises? Can you find all the exercises that you need?
- **Quality of exercise videos:** Are the videos recorded in high definition? Are they recorded in a professional studio or do they look they were done by an amateur?
- **Specialties in the library:** If you have several specialties in your practice or clinic, you will want to make sure that all those specialties are covered in the library.
- **Proper filters and search functionality:** Can you find what you need in the library? Does the solution provide suggestions? These are some of things you can and should consider.



02 Information security

With the advances in the digital age and the growth of exercise prescription software solutions in the market, you should also make sure that the solution that you choose takes patient privacy and security regulations seriously. What you can and should look for:

- **GDPR & HIPAA compliance:** The General Data Protection Regulation (GDPR) in the EU and the Health Insurance Portability and Accountability Act (HIPAA) in the US are examples of regulations that regulate data privacy and protection in several ways. In most cases, exercise prescription software solutions will provide more information about these regulations on their website. In addition to other regulatory standards in the UK, Australia and Canada;
- **ISO certification:** The International Organization for Standardization (or ISO) is the organization that governs internal company standards on management, rules and policies. To ensure that your data is safe, you should be looking for ISO certificates like the ISO27001; the international standard for secure information management.

03 Usability

When choosing a Home Exercise prescription app, it's important to remember that you will be working with this tool every day. Therefore, you should test the usability of any system you are considering. In most cases, you will be able to use a 'free version' or 'demo' to experience how assigning an exercise program works and what the various options are. It is important to experience the entire solution or app, and these are things to look for:

- Does the **interface** work conveniently?
- Has someone paid attention to the system **design**?
- Does the design look outdated? If so, then it probably is.
- Does the system **integrate with your EMR** or does it provide an **easy solution** to potentially do that in the future?

04 Branding

When you use a system to prescribe exercises to your patient, you also want to make sure that you are able to include a professional twist to your own clinic or organization. Small branding options inside the tool can increase your brand recognition and will help a patient be connected more to the product, as it becomes familiar to them.



05 Additional features

When you first start using a new system you will probably start by assigning exercises, but it is possible that you will want more patient engagement options in the future. For example, you may want to assign 'Patient education articles' so you can explain more about a certain injury or condition, or use a Telehealth option to engage with your patients virtually. Consider how you might connect with a patient when they can't come to the clinic or the advancements in recovery allow for a remote coaching session instead of a treatment in the clinic. Or maybe you simply need to remind your patient's how to perform the exercises, or send notifications or reminders to do their exercises. This is when a patient accountability tool comes in handy.

According to [this study](#)

82%

of practitioners are interested in Telehealth even after Covid.

Summary

The above are the most important things to keep in mind when selecting a home exercise prescription solution. We suggest that you learn more on our website at www.physitrack.com and if you still have questions after reading this whitepaper, you can reach us at sales@physitrack.com and we will be happy to answer your questions!

Want to get started now? [Try our free version and start your trial!](#)

