Does a Web-Based Exercise Programming System Improve Home Exercise Adherence for People With Musculoskeletal Conditions? A Randomized Controlled Trial

305
Participants

16
Private practice Physical Therapists

2
Countries (AUS & NZ)

3
Self rated exercise adherence reported at end of week 3

Individualised home exercise programs prescribed by physical therapist either by...

Therapist's usual methods
-use of written exercise instructions
-exercise log books
-and/or printed exercise diagrams

Web-based exercise programming system
-PhysiTrack

Web-based exercise programming system **improved short-term** home **exercise adherence** and **confidence** to exercise in people with musculoskeletal conditions

There was **no between-group difference** in **satisfaction** with exercise delivery.

The effects of the system on adherence were **small**, and there is **uncertainty** as to whether the effects are **clinically worthwhile**

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