E-Poster

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A Virtual Rehabilitation Environment for Telerehabilitation in Physiotherapy Education

Topic: Education (Medical Student, Residency & Post-Graduate)

Elena Taina Avramescu[1], Rodica Traistaru[2], Daniela Matei[2], Irina Gheata[1]

[1]*Kinesitherapy and Sport Medicine, University of Craiova, Craiova, Romania*
[2]*Rehabilitation, University of Medicine and Pharmacy Craiova, Craiova, Romania*

BACKGROUND

Telerehabilitation has emerged as a viable solution to improve accessibility, adherence, and cost-effectiveness in rehabilitation. This study evaluates the feasibility and effectiveness of e-PHYSIO, a virtual rehabilitation environment designed as part of the CBHE project, Modernization of Physiotherapy Education for Bachelor Degree in WB Countries through Innovative Ideas and Digital Technology. The project aims to enhance physiotherapy education through digital tools, offering students practical training in telerehabilitation while providing patients with structured online rehabilitation protocols.

METHODS

The e-PHYSIO online rehabilitation clinic was developed as an interactive virtual space hosting evidence-based rehabilitation protocols and instructional videos across Orthopaedics, Neurology, Cardiorespiratory, and Rheumatology. Under trainer supervision, students engaged with patients through online rehabilitation processes, including online assessment (posture, ROM), identification and following of correspondent rehabilitation protocol, adaptation to patients' specific needs (patient-centered approach), and follow-up. A structured patient evaluation questionnaire assessed the usability, effectiveness, and satisfaction of 58 patients from Kosovo and Albania who followed online rehabilitation sessions. Key indicators included accessibility, engagement, and patient-reported adherence.

RESULTS

Our survey indicated high patient satisfaction: 98.3% rated their experience as Excellent or Good. 96.5% of patients found the instructional videos helpful, which provides for the effectiveness of video-based rehabilitation. 89.5% reported easy platform navigation, with 80.7% encountering no technical issues. However we registered some content optimization needs as some patients preferred shorter, simplified PDF rehabilitation protocols. However, the study has some limitations as included only 58 patients, which limits the generalizability of findings. Participants were recruited exclusively from Albania and Kosovo, meaning that results may not reflect the experiences of a broader, more diverse population. The e-PHYSIO platform is highly effective in engaging young adults but has limited reach among older populations and minors. Expanding accessibility for individuals aged 31 and above and exploring family-inclusive strategies for younger patients could further enhance the impact and inclusivity of the virtual rehabilitation clinic.

CONCLUSION

The e-PHYSIO virtual rehabilitation environment is highly feasible for telerehabilitation education, with high patient satisfaction, effective digital learning tools, and enhanced student competencies. The findings support the integration of digital rehabilitation frameworks in physiotherapy education and indicate areas for future refinement, including expanded patient diversity and long-term effectiveness assessments.

Statement of Disclosures

None

Corresponding Author:
Elena Taina Avramescu
Kinesitherapy and Sport Medicine, University of Craiova, Craiova, Romania
Email: taina_mistico@yahoo.com

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