E-Poster

EP-688

Patient Perceptions of Technology in Physiotherapy: Balancing Innovation and Manual Therapy Preferences

Topic: Physical Modalities

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BACKGROUND

With the development of new technologies in rehabilitation, the role of manual therapy versus technological tools raises questions. While some studies suggest a complementary approach, patient preferences remain poorly documented. Our study aims to explore patients' perceptions of technology use in physiotherapy and assess its influence on satisfaction and therapeutic choices.

METHODS

We conducted a cross-sectional study involving 105 patients admitted to rehabilitation care, and who were asked to complete an anonymous questionnaire. All participants provided informed consent before taking part in the study.

RESULTS

Among the respondents, 52.4% were women, with an average age of 38 years. A total of 35.2% had a university degree, and 67.6% completed the questionnaire themselves. The primary indications for rehabilitation were musculoskeletal disorders (19%) and orthopedic conditions (25%). Approximately 36.2% of patients underwent rehabilitation for a duration of one to six months. In terms of satisfaction, 53.3% reported being satisfied, while 19% were slightly satisfied. The use of machines was mentioned by 45% of respondents, with electrotherapy (54.1%) and TECAR (Transfer of Energy Capacitive and Resistive) therapy (21%) being the most frequently used modalities. Regarding perceived effectiveness, 35% believed that machines might be more effective than manual therapy. Finally, 57% of patients preferred a clinic where the physiotherapist prioritized manual therapy, whereas 26% favored a clinic with advanced technological equipment.

CONCLUSION

This study highlights a contrasting perception of technology in rehabilitation. While machines are used, most patients prefer manual therapy. Optimizing technology integration requires adapting therapeutic protocols to patient expectations, enhancing adherence and treatment effectiveness.

Statement of Disclosures

None

Doi: 10.5606/archisprm.2026.EP-688

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