



Educational Session

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“Consumer-Centric Activity Trackers and Telehealth’s Vital Role in Value-Based Physical Therapy Care (APTA FiRST Council)”

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In society, consumers are embracing activity trackers and wearable digital devices across most aspects of their lives and increasingly expect their health care to be supported by it. Key telehealth advances are impacting healthcare with disruptive innovations connecting the clinic to the community with diagnostics and remote monitoring. However, patients and providers struggle with new innovations especially if devices are not easy and intuitive to use and do not meet a clear need with strong evidence. Physical therapists, as integral members of the health care team, must be prepared to maximize telehealth and wearable technologies impacting clinical practice, research, and education, and to participate in optimizing these technologies for clinicians and patients/clients. This session will discuss the value of the present use and the future vision for telehealth and activity trackers to guide clinicians, consumers, and their families to achieve the best personalized physical rehabilitative services in the digital age.