

IMPROVING ADHERENCE TO AT HOME EXERCISE PROGRAMS BY MAKING REHAB FUN

When injured workers don't adhere to prescribed at home exercise, they risk increasing their recovery time, worsening existing injuries and experiencing recurrent injuries.

To improve outcomes for these injured workers, EML is piloting an **innovative new rehabilitation program** with Lusio Rehab which **combines emerging technology with post-injury** therapy to drive greater compliance to fine and gross motor physical therapy at home.



COMBINING EMERGING TECHNOLOGY WITH POST-INJURY REHABILITATION

LusioMATE is a physical therapy ecosystem application with wearable sensors. It connects to exergames designed motivate and guide players through tailor-made exercise programs.

KEY ELEMENTS

- Fun interface to increase motivation and adherence to daily movement goals.
- Connects individuals and clinicians via real time
- Small and versatile - usable at clinic, at home, anytime, anywhere.
- Suitable for any age group or diagnosis and any physical capability.
- Choose from up to twenty different games to play to complete prescribed physical therapy.

PILOT

- **OBJECTIVE:** Test the hypothesis that wearable technology and gamification can improve adherence to and compliance with exercise protocols (positively impacting return to work and workers compensation claims outcomes).
- **STATUS:** Pilot is active and due to end December 2023.



MUTUAL BENEFITS PROGRAM

EML is an Australian personal injury claims manager with a proud 110-year history. The Mutual Benefits Program oversees and funds a variety of innovative projects delivered within EML, by our customers and research partners to improve workplace health and safety and return to work outcomes.

Find out more about the Mutual Benefits Program here:



Watch a video of the Lusio Rehab program in action:



87% of serious Australian workers compensation claims are from musculoskeletal injuries.

50-65% of patients **do not** adhere to home exercise programs.

Non-adherence **increases the risk** of recurrent injury and reduces positive outcomes.