



Limber

CASE STUDY

How Athletico Physical Therapy is Improving Patient Outcomes with Limber Health and Remote Therapeutic Monitoring



ATHLETICO PHYSICAL THERAPY

About Athletico Physical Therapy

Athletico Physical Therapy is one of the nation's largest providers of rehabilitation services with more than 900 clinic locations in 24 states and the District of Columbia



Hybrid MSK care with RTM results in superior outcomes for patients with MSK conditions.

The Challenge

Patient compliance to prescribed home exercise programs is essential to achieve optimal rehabilitation outcomes during musculoskeletal (MSK) episodes of care. However, **less than 35% of patients adhere to their home exercise program.**

The Opportunity

Designed to enhance patient support during MSK recovery, Remote Therapeutic Monitoring (RTM) leverages innovative digital technology and virtual clinician support to extend care outside of the clinic. By supporting patients outside of clinic visits and helping to improve adherence to home exercise programs, RTM aims to improve overall health outcomes. Introduced in 2022, this service is now covered by Medicare and an increasing number of Payors nationwide.

The Partnership and Patient Experience

Athletico and Limber partnered to deliver a hybrid care model that improves the patient experience. By combining Athletico's expansive network of high performing clinics with Limber's industry-leading digital technology and RTM solution, patients receive comprehensive care throughout their recovery journey.

Patient Journey with RTM



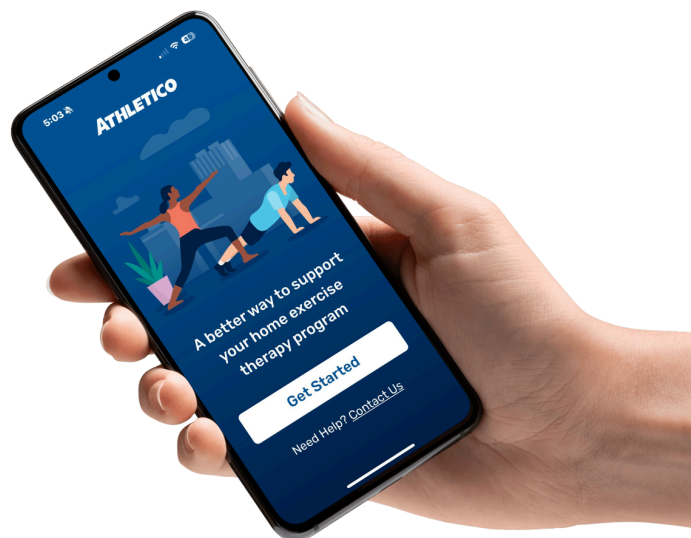
1. Patient Visits Clinic

Patient receives high quality, in-person care at an Athletico Physical Therapy clinic. The Athletico clinician performs a comprehensive evaluation, performs hands-on treatment and manual therapy, and creates a tailored plan of care, which includes in-clinic visits, a prescribed home exercise program, and virtual support outside of the clinic.



3. Dedicated Virtual Support

To best foster success with compliance to the MSK care plan outside of the clinic, patient receives virtual support from a dedicated Care Navigator. The Care Navigator is a licensed clinician trained to provide guidance and motivation, help with behavior change, and remotely support the patient to improve home exercise program adherence and overall health outcomes.



2. Home Exercise Program

Patient receives access to the Athletico app, powered by Limber, offering an engaging experience to complete their home exercise video program, track progress throughout their recovery, review clinical education, and communicate with their care team from the comfort of their home.



4. Success with Hybrid Care

This hybrid model combines in-clinic treatment with best-in-class digital technology and virtual support to provide comprehensive care for patients to recover from MSK conditions.

The Results

Athletico and Limber successfully implemented RTM and the hybrid model of care across Athletico's national network of clinics. Analysis showed that patients engaged in RTM (n=4,081) demonstrated statistically significant improvements in rehabilitation outcomes compared to a matched cohort of patients who received traditional physical therapy at Athletico without RTM services (n=28,916).

+34%



**Improvement in Patient
PROMIS® Physical
Function Outcomes**

(P-value <0.001)

+33%



**Improvement in
Patient PROMIS® Pain
Interference Outcomes**

(P-value <0.001)

+57%



**Improvement in
Drop Off Rate**

RTM patients were significantly more adherent to their MSK plan of care and achieved superior outcomes in their pain and function.



About Limber Health

Limber Health is a premier digital health solution, offering a complete digital platform to enable the delivery of hybrid in-person and digital musculoskeletal (MSK) care.