

INNOVATION COMPETITION IC7

Trace My Exercise (TME): A Structured Home Exercise Monitoring Framework to Enhance Continuity of Physiotherapy Care

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ABSTRACT

Description: Trace My Exercise (TME) is a service innovation designed to strengthen the implementation of Home Exercise Programme (HEP) as a continuation of physiotherapy care. This innovation integrates patient education materials, exercise diary, QR-based questionnaire and patient feedback assessment into a structured workflow to evaluate patients' understanding, implementation and experience in performing exercises at home. **Needs:** Effective HEP implementation is essential for achieving optimal rehabilitation outcomes. However, current practice often relies on verbal feedback during follow-up appointments, making it challenging for physiotherapists to systematically evaluate patients' understanding, exercise implementation and barriers encountered after leaving the healthcare facility. This gap limits opportunities for targeted education and improvement of HEP delivery. **Unique Features:** The uniqueness of TME lies in the integration of existing resources into a standardized process rather than the development of a new technology. Through the combination of exercise pamphlets, TME Exercise Diary and digital questionnaires, physiotherapists can obtain structured information regarding patients' understanding, exercise patterns, challenges and satisfaction towards HEP. **Impact:** TME is expected to improve patient engagement, support self-management and provide meaningful data for physiotherapists to enhance patient education and clinical decision-making. The innovation promotes patient-centred care through a continuous feedback mechanism between patients and physiotherapists. **Prospects for Commercialization:** TME demonstrates potential for wider implementation due to its simplicity, low-cost approach and scalability. It can be adapted across various physiotherapy settings without requiring complex infrastructure or additional technological investment.

Keywords: Home exercise programme; physiotherapy; patient adherence; continuity of care; rehabilitation; service innovation

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