THE EFFECTIVENESS OF CUSTOM FOOT ORTHOSIS VERSUS PLACEBO ORTHOSIS ON CHRONIC LOW BACK PAIN AMONG PATIENTS WITH FLATFEET: A SYSTEMATIC REVIEW AND META-ANALYSIS
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Introduction: The purpose of this study was to determine the effectiveness of foot orthosis in treating chronic low back pain among patients with flatfeet.

Methods: This systematic review followed the JBI methodology for systematic reviews and was registered with PROSPERO. The search strategy involved a three-step process to identify both published and unpublished studies from various databases without language or date restrictions. After title & abstract screening then full-text screening, selected studies were assessed for bias using the Cochrane Risk of Bias Assessment Tool, with domains such as attrition, reporting, detection, selection, and performance bias considered. The data extraction was done using a standardized JBI tool, and statistical analysis utilized RevMan 5.4 software. The GRADE approach was employed to evaluate the certainty of evidence and outcomes included information on risk, relative risk, quality of evidence, and various factors influencing it.

Results: Out of 3,102 papers, only 2 were included in the study. With a total of 152 participants, 80 were assigned to the experimental group while 70 in the control group. Statistical analysis reveals a reduction in pain with a mean difference of 3.50 (95% CI, 2.97, 4.04) & improvement in disability with a mean difference of 13.87 (95% CI, 11.37, 16.37). No significant heterogeneity were calculated as indicated by an P of 0%.

Discussion: Findings suggest that both CFO is more effective than placebo orthosis in treating back pain and disability. However, statistical analysis reveals that CFO is clinically significant in treating only back-pain related disability and not back pain per se. The review acknowledges a scarcity of compelling evidence from prior research, underscoring the necessity for additional research to confirm the broader effectiveness of foot orthotics in managing low back pain.

Keywords: foot orthosis, chronic low back pain, flatfeet

FACTORS AFFECTING HEALTH-RELATED QUALITY OF LIFE AMONG PHYSICAL THERAPY STUDENTS IN THE PHILIPPINES DURING THE COVID-19 PANDEMIC: A CROSS-SECTIONAL STUDY
https://doi.org/10.46409/002.GHOK6342

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Introduction: Allied health courses, such as Physical Therapy (PT) requires physical interaction to hone learning and skills for effective and efficient health service delivery. With the COVID-19 pandemic, the academe had to transition to remote learning. This study seeks to assess the overall health-related quality of life among Physical Therapy Students and identify factors affecting their Health-Related Quality of Life (HRQoL).

Methods: This quantitative, cross-sectional study made use of the Ferrans and Colleagues’ HRQoL model. Using convenience sampling, data collected using the 45-item questionnaire were analysed using descriptive statistics, ordinal logistics regression,
The study, which was participated by 77 2nd year to 4th year PT students from DLSMHSI aged 19-24, revealed that the overall HRQoL can be affected by place of residence (p<.005), health perception (p <.026), supervision in academic outputs (p<.047), age (p<.027), mood (p<.033), adequacy of technological devices (p<.028), year level (p<.015), family structure (<.033), activity level (p<.038), sex (p<.006), intrusion experienced while having class (p<.034), and exposure to COVID (p<.005).

Discussion: The findings of this study suggests that majority of the respondents have greater perceived impact of the pandemic on their quality of life which is affected by demographics, internal, and environmental factors.

Keywords: quality of life, COVID-19, physical therapy students

Funding: Not Applicable

Ethics Approval: De La Salle Medical and Health Sciences Institute – Independent Ethics Committee (GSER-001)

THE RELATIONSHIP BETWEEN DEPRESSION, ANXIETY, AND STRESS WITH MUSCULOSKELETAL SYMPTOMS AMONG SELECT GROUP OF FILIPINO PHYSICAL THERAPY STUDENTS

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Introduction: Studies that suggested a link between depression, anxiety, stress (DAS) and musculoskeletal symptoms (MSKS) were limited to those conducted prior to the pandemic. This study was conducted during blended learning and determined the prevalence of DAS and MSKS among undergraduate physical therapy students (UPTS), the influence of sex and year level to the severity of DAS and MSKS, and the correlation between DAS and MSKS.

Methods: This online cross-sectional survey collected information about the sex and year level of the respondents, and used Depression Anxiety Stress Scale-21 (DASS-21) and Standardized Nordic Musculoskeletal Questionnaire (SNMQ) to determine the level of DAS and the number of MSKS, respectively. Non-proportional, consecutive sampling was used to recruit enrolled regular UPTS from participating schools in Region IV-A. Data analyses were done using descriptive and inferential statistics, with alpha set at 0.05.

Results: Of the 249 respondents consisting of primarily female and third-year students, 65.29%, 68.45%, and 69.62% have reported DAS, respectively. Anxiety (r=0.30) and stress (r=0.29) have statistically significant weak positive correlation with MSKS. DASS-21 and SNMQ scores were not affected by the sex and year level of the respondents.

Discussion: DAS is prevalent in the selected group of UPTS in Region IV-A. The researchers were unable to establish a strong link between DAS and MSKS. This might have been primarily due to sampling bias introduced by the sampling method employed and the limited number of participating schools. The researchers recommend the use of randomized sampling, subgroup analysis, and involving more schools to verify the results obtained in this study.

Keywords: DASS-21, SNMQ, PT students

Funding: Not Applicable

Ethics Approval: LPU-B-Research Ethics Review Committee (2022-100)

ERGONOMIC RISK FACTORS FOR MUSCULOSKELETAL PAIN AMONG SELECT GROUP OF FILIPINO MOBILE GAMERS

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Introduction: This study aimed to identify the demographic characteristics of Filipino young adult mobile gamers and determine the relationship of their risk factors to the intensity and number of areas with MSKP in order to address lack of information about their characteristics and needs.

Methods: This was a descriptive cross-sectional study. Potential participants were recruited using consecutive and snowball sampling. The Maastricht Upper Extremity Questionnaire was modified (MUEQ-mod) and validated to be able to gather information on the presence of ergonomic risk factors. Pain intensity was determined by Numerical Rating Scale (NRS) and the number of painful areas was determined by modified Standardized Nordic Musculoskeletal Questionnaire (SNMQ-mod). Participants completed all the outcome measures. Descriptive and inferential statistics were used to analyze the collected data.

Results: There were 117 study participants with a mean age of 21 (SD=2.33). There were almost equal number of males (50.4%) and females (49.6%). Most gamers have an average gaming time of 3–4 hours (90%) and are students (85%). There is a significant difference in MUEQ-mod (p=0.007), NRS (p=0.039), and SNMQ (p=0.013) scores of the respondents, with employed gamers having higher scores. Game Station section of MUEQ-mod showed moderate correlation with overall SNMQ (p=0.48, p=0.000). All other sections in MUEQ-mod have statistically significant weak correlation with NRS and SNMQ, except for Break Time (p=0.106).
Discussion: Possible link between game station-related ergonomic risk factors and MSKP cannot be established due to the potential influence of respondents’ employment status to the scores of outcome measures. Large longitudinal studies employing stratified random sampling and subgroup analysis are recommended to ascertain the correlation demonstrated in this study, and to reduce the confounding effects of employment status.

Keywords: mobile gamers, ergonomics, musculoskeletal pain

Funding: Not Applicable

Ethics Approval: LPU-B-Research Ethics Review Committee (2022-038)

PRIVATE AND PUBLIC SECONDARY SCHOOL ACCESSIBILITY AMONG PERSONS WITH DISABILITIES

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Introduction: Recent studies show that the disability-inclusive laws which are expected to enhance the movement and participation of persons with disabilities around their environment are not effectively known and entirely complied with. Therefore, this study sought to evaluate and compare private and public secondary schools in Ilocos Norte with regards to their awareness of Magna Carta for Persons with Disabilities and compliance to the Accessibility Law to ascertain that person with disabilities are rightfully assisted by the laws.

Methods: The study employed a descriptive-comparative quantitative research design that compares the group of private secondary schools to the group of public secondary schools that were selected through a stratified equal allocation. Additional samples were determined by randomly selecting learners and employees without disabilities; and total enumeration on learners with disabilities from each group. A checklist was used to assess the infrastructures by a skilled assessor while a survey questionnaire was answered by the respondents.

Results: A total of 156 learners and employees participated in the study. Both private and public on 10 secondary schools had high levels of awareness regarding the Magna Carta for Persons with Disabilities. Furthermore, the schools were found to have almost all the required disability-accessible features in compliance with the Accessibility Law. Analysis using the Mann-Whitney U test showed no significant differences in the level of awareness and compliance to these laws between private and public secondary schools as well as among their respective learners and employees.

Discussion: The findings suggest that these disability-inclusive laws are being effectively implemented in the two groups of secondary schools with similar levels of commitment to promoting disability-inclusive education and accessibility for persons with disabilities.

Keywords: accessibility, magna carta for persons with disabilities, persons with disabilities

Funding: Not Applicable

Ethics Approval: Mariano Marcos State University Research Ethics Review Board

A PROACTIVE HEALTH PROMOTION MODEL FOR PERSONS WITH DISABILITIES AND HEALTHCARE PROFESSIONALS

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Introduction: The purpose of this study was to determine the health promotion strategies, enablers and barriers perceived by the healthcare professionals (HCPs) and persons with disabilities of Ilocos Norte.

Methods: This study used Research and Development (R&D) design following the Input Process-Output model and was carried out in the province of Ilocos Norte, Philippines using a structured survey questionnaire and a semi-structured interview guide during the FGD involving HCPs and PWDs. Data analyses were done using frequency, percentage, and weighted mean and simple correlation through SPSS version 21 for quantitative data while Braun and Clarke six phases of thematic analysis approach for qualitative data.

Results: A total of 53 HCPs and 53 persons with disabilities participated in the survey while 8 HCPs and 8 persons with disabilities for FGD with HCPs focusing on multidisciplinary referral, teleconsultation, and information sharing to engage persons with disabilities with health promotion. Enablers are inclusive environments and positive practices. Meanwhile, negative behaviors and system inefficiencies hinder health promotion. Persons with disabilities value patient-centered care, and health literacy. Supportive environment, lifestyle habits, social support and privileges enable health promotion while physical impairments, service insufficiencies, and social constraints acts as barriers.

Discussion: The study’s result led to the development of a PROACTIVE (Participation and Resource mobilization for Outreach, Accessible, and Collaborative programs, Tailored for the Inclusion, Vitality, and Empowerment) health promotion model which helps HCPs and persons with disabilities highlight the strategies, enablers, and barriers to guide relevant courses of action in health promotion.

Keywords: barrier, enabler, health promotion, persons with disabilities, strategy
WORK ENVIRONMENT AND MUSCULOSKELETAL CONDITIONS OF BLACKSMITHS (PANDAY) IN ILOCOS NORTE

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Introduction: The purpose of this study was to determine the relationship between work environment and musculoskeletal conditions of blacksmiths in Ilocos Norte.

Methods: This correlational research design study determined the socio-demographic profile, lifestyle, work environment, and musculoskeletal conditions of blacksmiths from Ilocos Norte using the researcher-assisted Ilokano-translated Dutch Musculoskeletal Questionnaire (DMQ). Data analyses were done using descriptive statistics and Fisher’s Exact test of independence. Alpha was set at 0.05.

Results: A total of 30 blacksmiths participated in the study with mean age of 61-75 years old, male dominated (86.67%). Complaints of wrist pain were highly significant in point prevalence while low back pain in period prevalence. Further analyses revealed that sex showed high significant relationship to prevalence of upper and lower back pain. BMI also showed significant relationship to the prevalence of lower extremity pain among blacksmiths in Ilocos Norte.

Discussion: The study revealed that work environment does not appear to be associated with musculoskeletal conditions of blacksmiths in Ilocos Norte. Findings of the study suggest that male blacksmiths are at a higher risk of developing musculoskeletal conditions. With this, such conditions are highly obvious in blacksmiths because of their job’s physical demands, such as heavy lifting and prolonged standing or bending. However, it is important to note that females or anyone who performs repetitive or physically demanding tasks for extended periods of time can also be at risk for these types of conditions.

Keywords: blacksmiths, work environment, musculoskeletal conditions

Funding: Not Applicable

Ethics Approval: Mariano Marcos State University Research Ethics Review Board

KNOWLEDGE AND PRACTICE GAP OF CAREGIVERS IN HANDLING CHILDREN WITH CEREBRAL PALSY (CP) IN FLORENTINO CAMAQUIN INTEGRATED SCHOOL (FCIS)

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Introduction: Ranging from 1 to nearly 4 per 1,000 children, cerebral palsy is a common cause of disability. It describes a group of permanent developmental disorders of movement and posture, causing limitations in doing activities. This requires caregivers to take on numerous responsibilities that are safe and unique to those with CP. The study determined and correlated the caregiver’s knowledge and practices in handling children with CP in FCIS.

Methods: The study utilized a descriptive correlational design, and total enumeration as the sampling design, wherein 31 respondents completed a survey questionnaire, and ten of them were chosen through a fish-bowl method to participate in focus group discussion for more in-depth data collection.

Results: The study reveals that majority of caregivers are women between age range of 21–66 years old and have attained high level of education. A greater portion of have experienced caring for children with CP between the ages of six to 23 years old and have a spastic type. The study shows that most caregivers possess a high level of knowledge and practices in terms of caring for children with CP. This increased awareness helps caregivers in providing proper assistance in transferring and lifting, activities of daily living and school related activities associated with the care and well-being of children with CP.

Discussion: The study revealed that there is no gap as a significant relationship was determined between the caregivers’ knowledge and practices in handling children with CP in FCIS. It is imperative that caregivers’ level of knowledge and level of expertise with their handling practices should continue to increase in all aspects to provide quality care that may improve the condition of their child with CP.

Keywords: caregivers, cerebral palsy, handling

Funding: Not Applicable

Ethics Approval: Mariano Marcos State University Research Ethics Review Board
VIRTUAL REALITY IN THE PHILIPPINES: FACILITATORS AND PERCEIVED BARRIERS OF VIRTUAL REALITY AS A THERAPEUTIC TOOL IN THE CLINICAL SETTING

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Introduction: Virtual Reality (VR) begins to emerge in the Physical Therapy Practice here in the Philippines. However, it goes through a process of acceptance before it can be used as a part of the mainstream treatment modality in the current PT practice. Study aims to explore the perceived barriers and limitations of a handheld virtual reality as a therapeutic tool.

Methods: The study employed a qualitative phenomenological study a semi-structured interview conducted via Zoom platform. A snowball sampling was utilized to gather informants’ opinions. Coding was conducted through a meticulous review of respondents by the researchers. The codes were analyzed using Collaizi Method through QDA Miner Lite. Theoretical thematic analysis was utilized to support the themes from the answers of the informants.

Results: Twelve informants were initially invited to reach the number of subjects required. However, only ten agreed and consented to participate. Data saturation was met during the sixth interview. The following themes emerged: Barriers (Expensiveness, Atypical Practice), Limitations (Short-Term Functional Effect, Level of Comprehension Required to Understand VR), and Advantages (Entertaining and Usefulness to Neurological and Musculoskeletal cases).

Discussion: This paper gathered information from ten registered physical therapists (PTRP) in the country who experienced the use of handheld VR (Nintendo Wii, Xbox, etc.) and their perception of their exposure to the emerging therapeutic tool. Nine out of ten subjects concluded that the cost and expense of the console and the setup of the whole handheld VR room is the main barrier as to why it is still not being used in majority of the rehabilitative clinics nowadays. As an atypical practice, it also plays a role in the perceived barriers of the informants. Most of the subjects believed that current practice in the country needs to work with technology more – in order to keep up with the ever-growing technology in healthcare.

Keywords: caregivers, cerebral palsy, handling

Funding: Not Applicable

Ethics Approval: 2022-IERC2-20442

TRANSLATION AND CROSS-CULTURAL ADAPTATION OF THE CEREBRAL PALSY QUALITY OF LIFE-CHILD PRIMARY CAREGIVER (CPQOL-CPC) TO FILIPINO

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Introduction: Cerebral palsy (CP) is a prevalent cause of childhood disability. Its impact is significantly higher in low to moderate income countries like the Philippines, with a disease burden 5 to 10 times greater. The Cerebral Palsy Quality of Life for Children (CPQOL-Child) - Primary Caregiver Questionnaire is a self-report measure which assesses quality of life (QOL) of children with CP. It has excellent psychometric properties and remarkable representation of the International Classification of Functioning, Disability and Health. The validity and reliability of the English tool may be affected when used to a different speaking population. The objectives of this research were to: 1) translate the CP QOL-Child to Filipino, and 2) determine conceptual equivalence, understandability, and acceptability of the translated version.

Methods: Five steps of the translation process were conducted; forward translation, reconciliation of items, backward translation (BT), review of forward and BT by an expert panel, and pre-testing with cognitive interviews. Ten target participants, selected using maximum variation approach, participated in the pre-testing. In the panel discussion, percentage of agreement on conceptual equivalence was determined and thematic analysis was conducted. For pre-testing, cognitive interviews were evaluated according to understandability of items and appropriateness of response.

Results: The panel review determined 65 items with full agreement (100%), 13 items with moderate agreement (80%), and 39 items with low agreement (≤60%) on conceptual equivalence between the BT and the original. The considerations for revisions were 1) grammar, 2) colloquialism and, 3) culture. Difficulties in understanding the translation during pre-testing were attributed to unfamiliarity of terms and concepts, and formatting. Participants’ feedback were incorporated into the final Filipino version.

Discussion: The Filipino translation of the CPQOL-Child appears to be understandable and culturally appropriate based on expert panel and pre-testing participants. This version can be used to establish the tool’s psychometric properties.

Keywords: cerebral palsy, quality of life, Filipino, partnerships for goals

Funding: UPM-NIH

Ethics Approval: University of the Philippines Manila Research Ethics Board (UPMREB 2021-0683-EX)
GAIT SPEED AND MOBILITY PERFORMANCE AMONG FALLERS AND NON-FALLERS COMMUNITY-DWELLING ELDERLY FILIPINOS: A COMPARATIVE CROSS-SECTIONAL STUDY

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Introduction: Southeast Asia is experiencing a significant rise in the population of elderly individuals, particularly in the Philippines. Thus, screening and monitoring mobility restrictions in elderly people are critical in order to provide effective measures as well as prompt and timely interventions.

Methods: The study used a quantitative, non-experimental, comparative, and cross-sectional design. Filipino community-dwelling elderly individuals who were aged 60-79 years old, had no significant disability, and residing in a municipality of the National Capital Region (n=152), participated in the study. Researchers measured mobility performance using Timed Up-And-Go Test (TUGT). While, gait speed was measured using iWalkAssess application to administer 10-Meter Walk Test (10MWT). Preliminary reference values for the mobility-specific tests were presented as means, standard deviations, and 95% confidence intervals. Findings were compared between Faller and Non-Faller groups.

Results: Fallers demonstrated consistently higher scores compared to their non-Faller counterparts on the TUGT (P-value < 0.05). While there are significantly lower scores in 10MWT among Fallers than in Non-Fallers (P-value < 0.05). Furthermore, the Faller group revealed to have a Timed Up and Go Test mean (SD) score of 13.32 ± 1.41, while there is a reported 0.92 ± 0.15 mean (SD) score in 10-Meter Walk Test.

Discussion: The study provides preliminary evidence on the differences in gait speed and mobility performance among community-dwelling elderly individuals who are Fallers and Non-Fallers. Hence, Filipino community-dwelling elderly individuals who are classified as Fallers revealed to have a slower gait speed than Non-Faller community-dwelling older adults. Also, results suggested that Non-Fallers have a better mobility performance than the Faller population.

Keywords: community-dwelling adults gait speed, mobility performance

Funding: Not Applicable

Ethics Approval: 2022-IERC1-20528 V.2

TELEREBHILITATION INTERVENTION PROTOCOLS FOR COVID-19 PATIENTS: A SCOPING REVIEW

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Introduction: Since the start of the pandemic, it became clear to physical therapists through emerging studies that there are better outcomes in managing the symptoms of COVID-19 patients if they undergo physical therapy; however, face-to-face rehabilitation of COVID-19 patients placed physical therapists at risk of cross-infection. To address this issue, the use of telerehabilitation as a mode of delivery of instruction and patient monitoring was considered. Recent studies have expressed its effectiveness; however, there are still no available standardized protocols for the telerehabilitation of COVID-19 patients. Thus, this study seeks to conduct a comprehensive search of the published literature regarding COVID-19 physical therapy interventions and to map out the current evidence and knowledge gaps surrounding telerehabilitation protocols for COVID-19 patients.

Methods: The study has a Scoping Review Design in accordance with the PRISMA-ScR guidelines. In this study, 939 articles were found through searching in the following databases with specific MeSH Terms: PEDRO, PubMed, BioMed Central, & Cochrane Central. These 939 articles were then screened and assessed for their eligibility, specifically, to match the inclusion criteria of the study. Specific details of each of the studies included the following: Title, Author & Country, Digital Technology Used, Research Design, Methodology, Intervention/Program, and Key Findings/Results. Similar details between studies were tallied and were then compared to their existing forms of literature.

Results: A total of 9 studies were reviewed after the 939 articles were screened and similar details were tallied as well. A majority of the studies were RCTs followed by Systematic Reviews/Meta-Analysis. The most common interventions used in order were (1) Strengthening Exercises, (2) Deep Breathing Exercises, and (3) Aerobic Exercises. The most used telerehabilitation technology was any internet-connected device that had access to video conferencing. Four of the studies have shown better outcomes as a result of telerehabilitation. Gaps in literature, specifically the lack of studies conducted in developing nations and unevidenced claims of better cost-effectiveness, were consistent in all studies.

Discussion: This study was able to map out the available research and the surrounding protocols conducted through telerehabilitation for COVID-19 patients. The current literature shows the most common interventions and outcome measures used during telerehabilitation and that some patients have become better as a result of telerehabilitation. The findings can be used as a basis for creating a telerehabilitation treatment plan and may be used to systematically compare said studies in turn would create a standardized protocol for COVID-19 telerehabilitation.
Keywords: telerehabilitation, COVID-19, outcome measure, standardized protocol, digital technology

Funding: Not Applicable

Ethics Approval: FEU-NRMF Institutional Ethics Review Committee (2023-0001)