

Freedom of Information Request: Our Reference CTMUHB_297_23

You asked:

In accordance with the freedom of information act please could you answer the following questions -

Are you currently using any digital tools to support patients in the following departments -

- MSK (Musculoskeletal)
- Womens Pelvic Health

If yes, which digital tools are you using?

If no, do you have future plans to use digital tools for MSK and Womens Pelvic Health?

Our response:

Within MSK (Musculoskeletal), we use physiotec to email individuals their home exercise programme and they can record their activity.

Within Pelvic Health, we recommend use of the squeezezy app, balance app, couch to 5k and the elvie trainer app if appropriate.