

## PHYSIORX APP: THE DEVELOPMENT OF A SMARTPHONE APPLICATION FOR PRESCRIBING HOME EXERCISE PROGRAMS BY PHYSICAL THERAPISTS

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### ABSTRACT

The study developed a smartphone application and sought to find out its acceptance by physical therapists and its overall functionality as evaluated by IT experts. The level of acceptance was evaluated using a TAM questionnaire which asked about the app's perceived usefulness and perceived ease of use answered by the physical therapists. The overall quality of the app was assessed using the ISO 9126 questionnaire which evaluates an app based on essential characteristics which are; functional suitability, performance efficiency, compatibility, usability, reliability, security, maintainability, and portability. To discuss the current practice methods of prescribing home exercise programs a descriptive design was utilized to find out if PTs are currently aware and using apps in their clinical practice and how they currently formulate and prescribe HEPs. The population of the study included twenty-eight (28) Physical Therapists and five (5) IT experts in app development. Both questionnaires were distributed to the respondents using Google forms and was sent through their Email addresses. A 5-point likert was used for evaluation and scoring to measure the level of acceptability and overall functionality of the app. Frequency, percentage distribution, and weighted mean were used as statistical treatment of data. Results about current practice methods reveal that PTs are aware of apps in their practice but they currently do not use them, the main reason being that no app is useful for them, the most common method of prescribing HEPs reported is using a desktop or laptop computer. The perceived usefulness and perceived ease of use of the app as evaluated by PTs was rated acceptable. Its overall functionality as evaluated by the IT experts was rated acceptable. PhysioRx was found to be acceptable and functional. Utilization of the app is highly recommended for use by PTs to assist them in formulating and prescribing home exercise programs.

**Keywords:** PhysioRx, smartphone, application, level of acceptability, overall functionality