




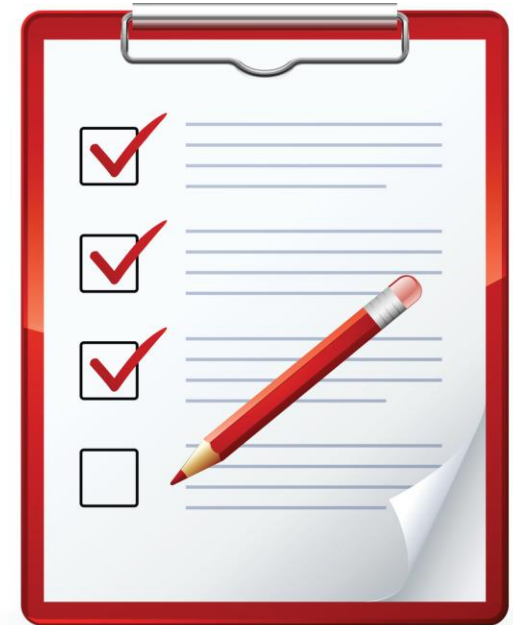
Hot Topics: From a Therapeutic Perspective

MSANJ

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Overview

- LET'S MOVE!
- What's in an app 
- Tech attacks anxiety
- Hearing your questions



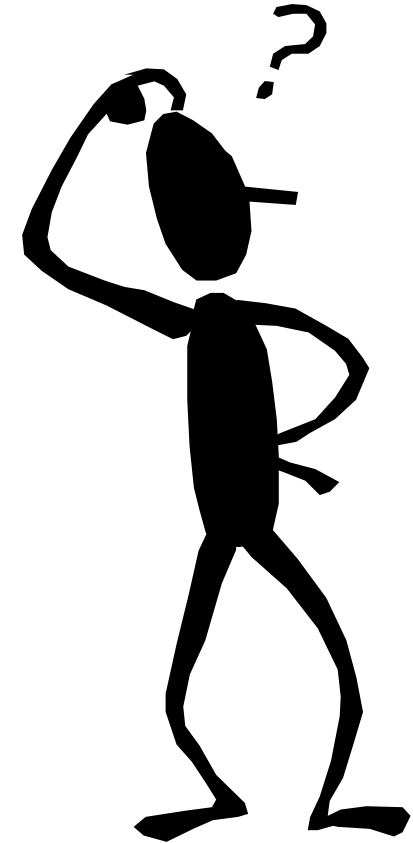
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How can Exercise Help?

- ↑ Flexibility
- ↑ Balance & Safety
- ↑ Mobility
- ↑ Sense of Well-being
- ↑ Energy
- ↓ Depression
- ↑ Posture
- Also helps with pain management

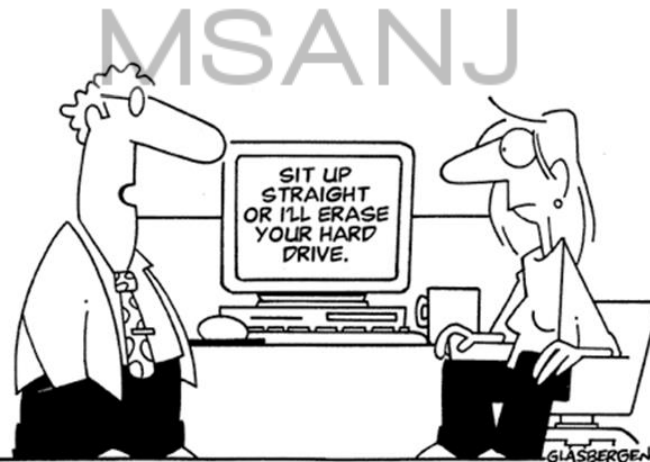


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Power Up Your Posture

- Postural changes lead to problems with breathing, drooling, balance & pain
- Correct with ↑ awareness, proper chairs, exercise & lumbar rolls



Follow these Cues

- Feet flat on floor
- Back tall
- Take a deeeeeeeep  breath
 - “Ahhh’s”
 - Hand flicks 
 - Starfish: hands to thighs and then overhead in a “V”!



https://www.google.com/search?hl=en&biw=1264&bih=736&tbm=isch&sa=1&ei=IPmmWq-CAa_v5gKZzKz4Bq&q=LSVT+Loud+ahh%27s&koq=LSVT+Loud+ahh%27s&gs_l=psy-ab.3...40938.44494.0.44656.19.16.2.1.0.105.1326.133.16.0...0.1c.1.64.psy-ab.0.15.1088...0j067k1j0i24k1j0i830k1j0i13k1j0i81330k1j0i1330k1j0i30k1.0.LmRFXKZOCd#imgcr=vpZm7LipInBDwM




https://www.google.com/search?q=telemedicine&source=lnms&tbn=isch&sa=X&ved=0ahUKEwjjmo-6tclZAhUDvFkKHVG4CWMQ_AUICygC&biw=1264&bih=739#imgrc=eS6SSIPF3TxknM:

New to the Market

- Getgrandpad.com
- Greatcall.com
- Unaliwear.com
- It's OK there is **HELP!**
 - Free workshops
 - Aarp.org/learnat50plus



Why Consider?


- In-person health care delivery
 - Constrained by time
- Electronic technology 
 - Sensor based systems
 - Interactive systems
 - Set therapeutic goals
 - Opportunity for communication



Wang et al. 2016

https://www.google.com/search?q=telemedicine&source=lnms&tbn=isch&sa=X&ved=0ahUKEwjmo-6tcLZAhUDvFkKHVG4CWMQ_AUICygC&biw=1264&bih=739#imgcr=1iYq0829zDr8cM:


Tech Today: The Stats

- Innovations to transform healthcare
 - Sensors
 - Mobile communications 
 - Cloud computing
 - Internet
- In 2013: 17,000 health related mobile apps
- In 2016: 59,000 health related mobile apps
- Global smartphone market : Annual growth is 35%!



https://medium.com/@Adoriasoft_Com/healthcare-mobile-app-development-and-mhealth-apps-in-2017-eb307d4cad36
Patel et. Al. 2012.

What Can We Monitor With Smartphone Apps?

- Healthcare and Fitness 
- Health-tracking, fitness, nutrition, sleep
 - Steps!
 - Sedentary vs active cycles
 - "Open": (<http://opkp.si>), which is an open access, web-based application that supports diet planning and automatic food recognition



Fox Insight Mobile

For the person with PD

- Track activity
- Track medication usage
- Provides reminders
- Monitors tremors



For research purposes

- Collects automatic data
 - Wearables
- Collects manual data
 - Entered information

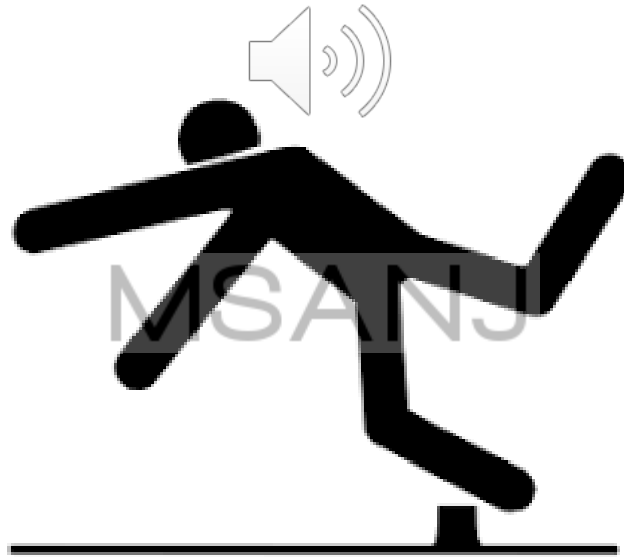
Lief Therapeutics

- www.getlief.com



A Popular ?

- Can you train someone how to fall safely?



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THANK YOU!!



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