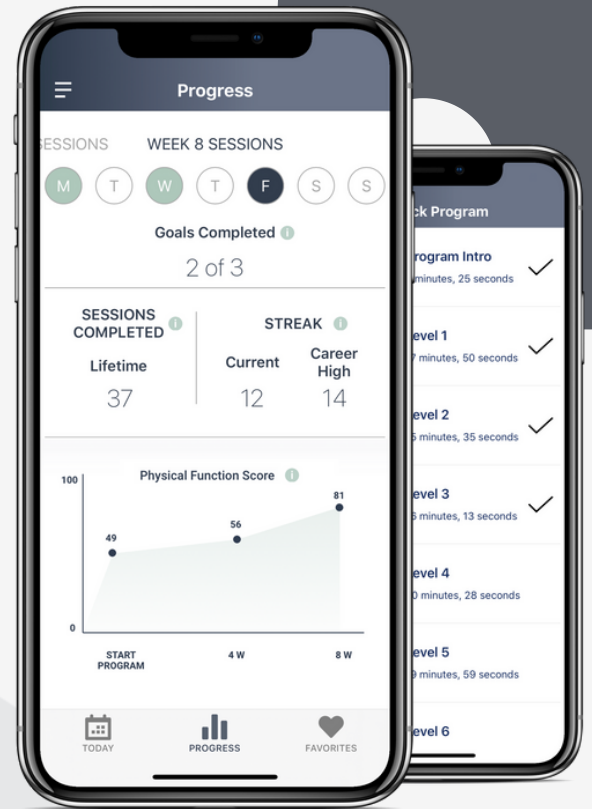




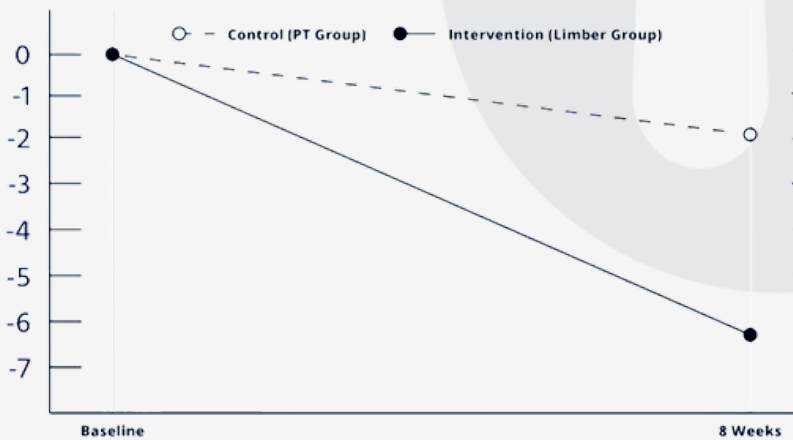
Digital **Exercise Therapy App** shown to be *more effective* than Traditional Physical Therapy in New RCT Mayo Clinic Study

In a study published in the Archives of Rehabilitation Research and Clinical Translation, the **Limber Health digital exercise therapy app** was shown to be **more effective** than conventional Physical Therapy prescription at reducing pain and improving function.

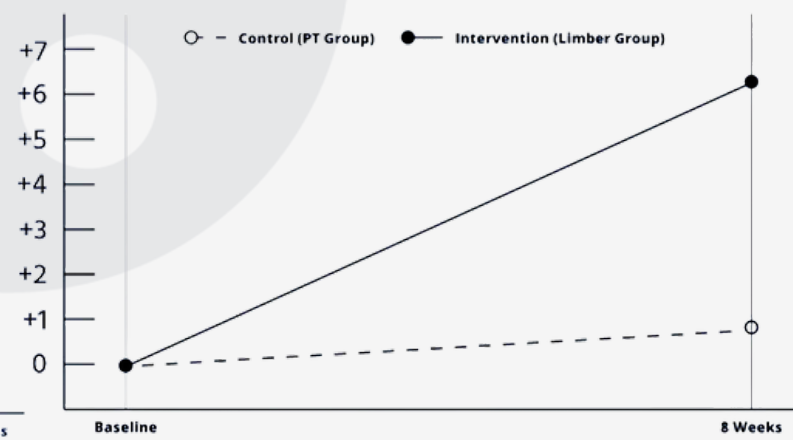
The randomized controlled trial, performed at the Mayo Clinic in Rochester, Minnesota, compared Limber's at-home digital therapy solution to in-person Physical Therapy (PT) prescription for patients experiencing knee pain.



Change in Pain Reduction



Change in Function Improvement



The Results:

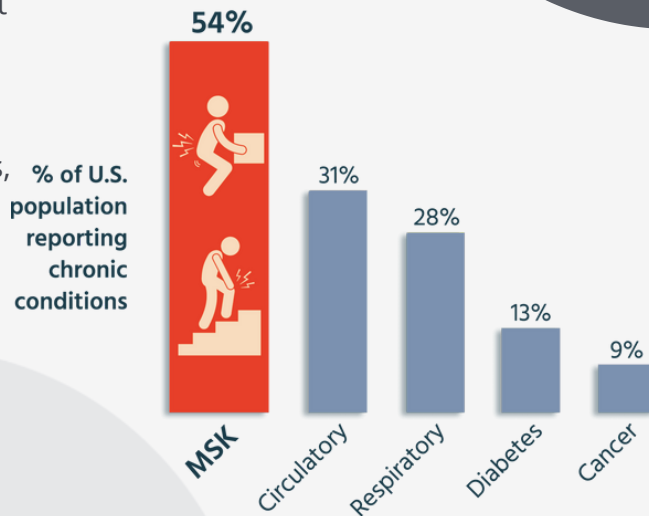


Limber **outperformed** the in-person PT group, as measured by clinically validated pain and function measures. Both groups improved in pain and function, but there was a statistical and clinically meaningful difference in the Limber group after 8 weeks.

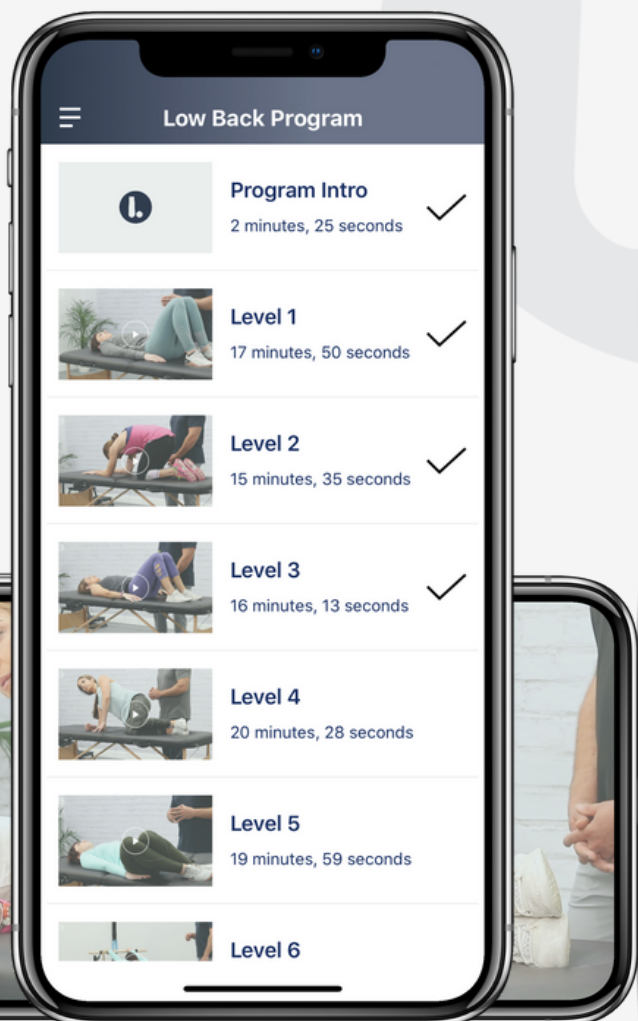


Musculoskeletal conditions are responsible for more costs to the United States healthcare system and cause more disability than any other group of conditions. Approximately 25% of adults experience knee pain, making it one of the most common physical ailments seen in medicine. The first-line of treatment for most knee conditions is PT. Early access and high adherence to PT can improve outcomes, alleviate pain, and reduce total healthcare costs from medications, surgeries, and other treatments. Recent evidence has shown that relatively few individuals who would qualify for PT for their knee condition actually receive it.

The **Limber Health app** tailors an exercise therapy video program to the individual's specific condition and risk level. The program focuses on active and functional exercises and includes a progressive series of engaging, easy-to-follow videos. Limber tracks progress and adjusts each program based on industry-leading, clinically validated objective outcome measures now used at leading medical institutions.



Source: National Center for Health Statistics



Participants in the Limber group had **exceptional engagement** and were **highly satisfied** with the at-home therapy program. The complete study can be found at:

<https://doi.org/10.1016/j.arrct.2021.100151>

