

Utilizing Digital Therapeutics (JOGO) to treat Osteoarthritis

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Abstract

Digital therapeutics (JOGO) involving surface electromyographic biofeedback (EMGBF) is an innovative treatment that uses sensory inputs to facilitate neuromuscular retraining. Combining wireless tablets with conventional therapy (CT), JOGO improved the motor unit recruitment and quality of life for a 52 year old female patient with right knee osteoarthritis through immediate feedback and neuroplasticity. JOGO's ease of use through features such as mobile gamification increases patient compliance relative to CT, augmenting clinical outcome. We reviewed the patient's response to JOGO undergoing 4 sessions out of totally 7 sessions. After JOGO's therapy, Pt's right quadriceps potential improved from 170 mv to 201 mv. Muscle strength of right quadriceps improved from Grade 4 to Grade 5. At the time of discharge, the patient was able to walk freely with no pain. Using JOGO, the patient was able to relieve pain through rewiring of the neural circuit located in the right quadriceps. Embellished with portability and cost effectiveness, JOGO's user-orientated interface optimizes rehabilitation by allowing patients with chronic diseases such as OA to improve QoL through self-management. Further studies are in progress to evaluate the efficacy of JOGO integrated rehabilitation and self-management..



Biography:

Shyam is a certified Neurodevelopmental Therapist with 16 years of experience in clinical trials and Pharmacovigilance, His previous venture was at ICON Clinical Research Organization as a Drug Safety Manager, where he lead the team of medical and safety professionals, ensuring regulatory compliance for top 100 pharmaceutical companies. He also acted as a deputy QPPV for some of his life sciences clients. Prior to ICON, Shyam worked for Accenture as a service lead for Top 10 pharma. Shyam has worked as a Chief Physiotherapist in Rehabilitation Centres trained in Biofeedback treating patients with stroke, cerebral palsy and post traumatic brain injury with combination of biofeedback and Bobath approaches. He has also been a sub investigator and study coordinator for many clinical trials. Shyam is certified in ICH/GCP.



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