

Remote Therapeutic Monitoring

What it is, how it works, and what it means for your patients and practice

What Is Remote Therapeutic Monitoring?

Remote Therapeutic Monitoring (RTM) is a model of care that enables clinicians to track and support patients between in-person visits—using digital tools to monitor adherence, symptoms, and progress in real time.

What This Looks Like in Practice

The Patient

- Downloads and logs in to Medbridge GO to view digital HEP
- Logs exercises, PROs, and symptoms between visits
- Reports progress, and messages their clinician with questions

The Clinician

- Reviews patient activity data, PROs, and symptoms between visits
- Responds to questions, and adjusts the home exercise program remotely
- Reviews data with patient during follow-up visit

Why It Matters

Better Outcomes and Better Connections with Patients

Patients who are monitored between visits stay more engaged, adhere to their programs, and receive timely care adjustments—leading to measurable improvements in clinical outcomes.

The Evidence

23%+

higher exercise adherence with remote monitoring

Bettger et al., 2024

~90%

of patients report remote monitoring helps improve self-management and confidence

Haddad et al., 2023

27%

increase in clinical effectiveness

In a large nationwide Private Practice partnered with Medbridge RTM

What People Are Saying

“The phone calls and texts to see how I was feeling and progressing really helped me. I would recommend them to anyone that needs therapy.” – Ron, patient, outpatient rehabilitation

“Patient adherence is of utmost importance to outcomes...every time I messaged a patient, they signed in, suggesting it’s a powerful tool to improve engagement.” – Corey Sylvain, PT, MPH, Rehab Supervisor

Ready to Get Started?

Visit medbridge.com/resource-center/rtm

Medbridge provides the training, change management resources, and operational guidance to help your team succeed. Reach out to your Medbridge Account Manager or contact Customer Support at support@medbridge.com