DOI: 10.7860/JCDR/2026/88273.23077 Abstract No.: 85

Expanding the Scope of Tele-Rehabilitation in Women's Health Issues: A Narrative Review of Patient Engagement and Technology Integration

VINDHYA VIJIKUMAR[1], KHUSHI WADHAWAN[2], POOJA SHARMA[3]

ABSTRACT

Introduction: Women's health issues, such as pelvic floor dysfunction, diastasis recti, dysmenorrhea, vaginusmus and menopause-related conditions, are prevalent yet often under-addressed due to barriers like accessibility, stigma, and time constraints. Tele-rehabilitation has emerged as a progressive approach, offering accessible, cost-effective, and patient-centered care, especially in the post-COVID-19 era.

Aim: The primary objective of this review is to examine the role of tele-rehabilitation in addressing major women's health issues. Secondary objectives include exploring recent advancements in digital tools, evaluating their clinical effectiveness, and identifying gaps for future research

Methods: A comprehensive literature search was conducted using databases such as PubMed, Scopus, and Google Scholar. Keywords included "tele-rehabilitation," "women's health," "pelvic floor dysfunction," "postpartum recovery," and "digital health." Studies published in the last five years from 2020 to 2025 were prioritised to ensure relevance to current advancements. Data were analysed thematically to identify key trends and insights and total full text 7 English articles are included in this review.

Results: Tele-rehabilitation has shown significant potential in improving access to care, enhancing patient adherence, and providing tailored interventions for conditions like pelvic floor dysfunction, postpartum recovery, and chronic pain. Rehabilitation is changing as a result of digital technologies including wearable technology, virtual reality, and AI-driven apps that provide real-time feedback and customised programming. Key findings highlight the effectiveness of tele-rehabilitation in empowering women to take control of their health and bridging gaps in care.

Conclusion: Women's health concerns can be effectively addressed with tele-rehabilitation, which provides patient-centered, affordable treatments. Future studies should concentrate on improving these technologies, reaching underserved populations, and carrying out extensive clinical trials to confirm their long-term efficacy.

Implications: This study contributes to clinical practice by highlighting the potential of tele-rehabilitation to improve access to care and patient outcomes. It also informs policy-making by advocating for the integration of digital health solutions into women's health rehabilitation programmes. For educators, it underscores the need for training healthcare professionals in tele-rehabilitation techniques.

Keywords: Tele-rehabilitation, Women's health, Digital health, Pelvic floor dysfunction, Postpartum recovery

PARTICULARS OF CONTRIBUTORS:

1. MPT student, Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.
2. MPT student, Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.
3. Associate Professor Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Vindhya Vijikumar,
MPT student, Department of Physiotherapy, School of Allied Health Science, Manav Rachna Institute of Research and Studies (Deemed to be University),
Faridabad-121004, Haryana, India.
Email: Vindhyavs22@gmail.com