

# Transforming *musculoskeletal* recovery through *Continuous care*

## Overview

Musculoskeletal recovery has traditionally been defined by gaps. Patients move from surgery to physical therapy, then home, often navigating large portions of their recovery without consistent oversight. For providers, this creates limited visibility into patient adherence, recovery progression, and early signs of complications.

## The *challenge*

In a traditional care model, recovery is episodic. Patients attend physical therapy sessions a few times per week, but the majority of their rehabilitation happens independently.





- **Inconsistent adherence**  
to home exercise programs
- **Limited ability**  
to detect complications early
- **Gaps between**  
in-clinic care and at-home recovery
- **Reduced patient**  
confidence and engagement

## The *approach*

To address these challenges, Dr. Schultzel implemented Recupe, a digital musculoskeletal recovery platform developed by Plethy, into both preoperative and postoperative workflows.

## Implementation

Recupe was integrated across multiple phases of care:

-  **Prehabilitation:** Patients begin strengthening prior to surgery, improving readiness and outcomes
-  **Postoperative Recovery:** Structured programs guide patients through recovery with greater consistency
-  **Remote Monitoring:** Clinicians gain visibility into patient progress and potential issues
-  **Ongoing Support:** Patients have access to coaching and guidance between visits



## Results and *impact*

The integration of Recupe has led to meaningful improvements in both clinical outcomes and patient experience.

### ● Improved Consistency in Recovery

Patients are more consistent with their home exercise programs, leading to more predictable recovery progress.

### ● Earlier Identification of Complications

Increased visibility allows clinicians to identify issues such as delayed progress or postoperative concerns earlier.

### ● Expanded Access to Care

Patients can continue their rehabilitation from anywhere, including those traveling, living internationally, or unable to attend frequent in-person visits.

### ● Enhanced Patient Engagement

Ongoing support and communication help patients stay engaged and confident throughout their recovery.

### ● Stronger Clinical Insight

Clinicians have access to more complete data on patient activity and progress, enabling better-informed decisions.

## A shift in the *standard of care*

This case reflects a broader shift in musculoskeletal care. Recovery is no longer confined to the clinic. It is an ongoing process that requires visibility, engagement, and adaptability.

By integrating digital tools like Recupe into existing workflows, practices such as United Medical Doctors are moving from episodic care to continuous care. This approach strengthens both patient outcomes and the overall care experience.

## The Fair Winds *Perspective*

At Fair Winds Medical, we focus on identifying and supporting technologies that align with how care is actually delivered while expanding what is possible within those workflows.

Recupe is an example of how digital health can enhance existing care models by improving visibility, increasing patient engagement, and enabling more proactive clinical decision-making.

When innovation fits seamlessly into clinical practice, adoption becomes natural and outcomes improve.

*An integrated model for market entry, adoption, and growth*