

## **A website from Granada allows diagnosis and back pain rehabilitation through Skype**

LOCATION: Granada  
DURACIÓN VTR: 1'39"

**SUMMARY:** Scientists from the University of Granada have developed a new system that allows making a medical evaluation of back pain through Skype. This can save a lot of money to the sanitary system and also to the patients that sometimes can't visit a doctor's because of work or mobility issues. Online consultations with a physiotherapist are one of the services offered by this website, which tries to treat and prevent back pain.

**VTR:**

**AMBIENTE**

*"Please hold your right leg... now we are going to repeat the same with your left leg."*

This is a complete medical evaluation of back pain through Skype. A system developed by a group of scientists from the University of Granada that have proved that online consultations about back pain get the same result as a visit to the doctor.

**FUENSANTA PALACÍN**  
Researcher of the University of  
Granada

*"Online rehabilitation means using communication technologies to offer telerehabilitation at the patient's home or somewhere else."*

This can save a lot of money to the sanitary system and also to the patients that sometimes can't visit a doctor's because of work or mobility issues. Online consultations with a physiotherapist are one of the services offered by this website, which tries to treat and prevent back pain.

**ENRIQUE HERRERA**  
Researcher of the University of  
Granada

*"Once the evaluation of a patient is done the system recommends two or three videos that teach him how to practice exercises, and later there is a post evaluation of those exercises sometimes done by the physiotherapist but also automatically done by the system."*

**BERNABÉ ESTEBAN**  
Researcher of the University of  
Granada

*"Nowadays, the fundamental treatment for back pain, mechanical, chronic or nonspecific, is exercise. Supervised and personalized exercises, if possible, depending on the pathology signs shown in that moment."*

And as prevention is the best weapon against back pain, they also offer videos explaining how to sit correctly at work.

For more information or support please call +34 647 310 157 or email <a href="mailto:info@andalusianstories.com">info@andalusianstories.com</a>
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