

GO-PAIN FREE:

Integrated Telerehabilitation Services for Pain Management During and After the Pandemic



THE PROBLEM

The COVID-19 pandemic has markedly restricted access to essential healthcare services, with a significant deterrent being the pervasive fear among individuals of contracting the SARS-CoV-2 virus. This apprehension has led to a notable decline in hospital and clinic visits, as people are reluctant to expose themselves to potential viral transmission in these settings. The consequence is a considerable impact on routine medical care, preventive health measures, and the management of chronic conditions. Individuals, concerned about the risk of infection from healthcare facilities, have been deferring necessary medical appointments and treatments. This not only poses a threat to individual health outcomes but also contributes to a potential strain on healthcare systems as postponed healthcare needs may accumulate over time. Addressing this issue necessitates a delicate balance between instilling confidence in the safety measures implemented in healthcare settings, promoting alternative solutions such as telemedicine, and ensuring that individuals continue to prioritize their overall health amid the ongoing challenges posed by the pandemic.

THE SOLUTION

PainFree Pain Management and Consulting, Inc., founded by Dr. Valentin C. Dones III, is a health startup company that provides innovative products and treatment methods that address body aches and pain through the Go-PainFree Biomechanical Taping Technique and FascioCutaneous Release Technique. Through the funding support from DOST - Philippine Council for Health Research and Development, Dr. Dones, who is also an expert in manual physical therapy, developed an Integrated Telerehabilitation Platform (ITP) in the form of web and mobile applications called *TelePainFree*. It is a comprehensive multi-party system designed to facilitate real-time PainFree Sessions between PainFree Specialists and clients experiencing pain. This innovative platform empowers PainFree Specialists to deliver treatment to clients conveniently, whether from the comfort of their homes or any other location, offering flexibility in both time and space. Similarly, clients benefit from the ease of accessing PainFree Sessions without the need to leave their homes. TelePainFree's dual application system, comprising a web and mobile application, ensures a seamless experience for both specialists and clients. Not only does this technology streamline the treatment process, but it also facilitates the meticulous management of records and other pertinent information, guaranteeing the effective implementation of treatments and maintaining comprehensive and organized healthcare documentation.



HeaRTNovation
DOST-PCHRD INNOVATION PORTFOLIO

TECHNOLOGY GENERATOR

Painfree Pain Management and Consulting, Inc
Project leader: Dr. Valentin C. Dones III

TECHNOLOGY DEVELOPMENT

The technology is currently at Technology Readiness Level (TRL) 9. The technology owners are actively seeking funding opportunities for the continuous development of the Integrated Telerehabilitation Platform Web and mobile application. Interested parties may send letters of intent to contact details provided below

Interested technology adopters may send a letter of intent addressed to:



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