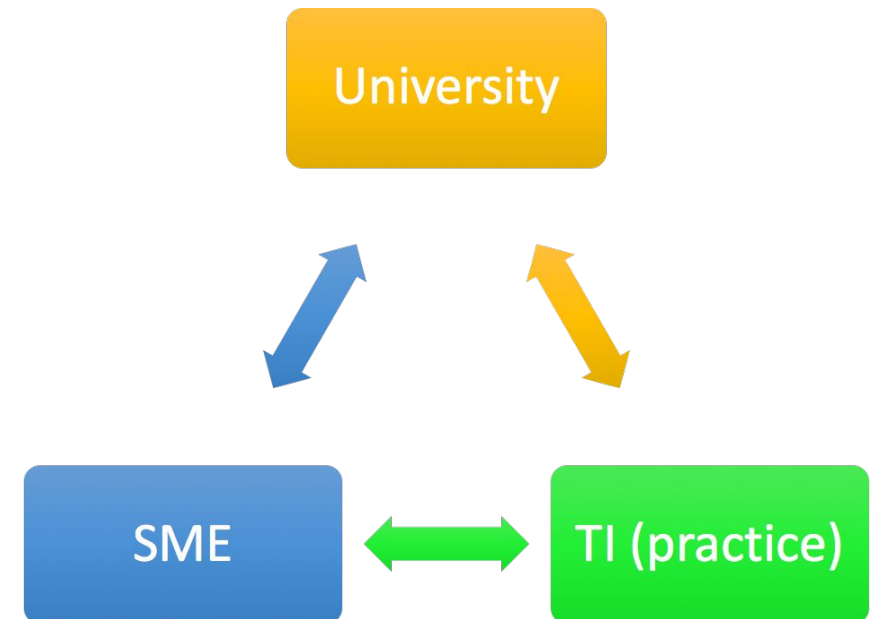




# Copenhagen Healthtech Solutions (CHS) Programme

- Aiming to develop new and innovative small- and medium sized enterprises (SME)
  - Facilitate **collaboration** with knowledge institutions and healthcare practice
  - **Qualify, develop and test** healthtech solutions

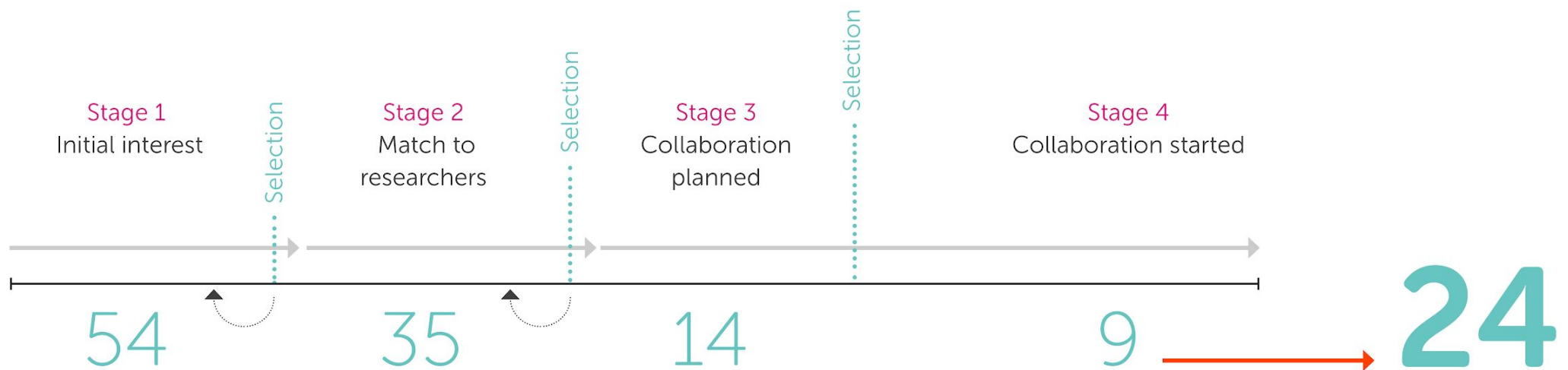




# Copenhagen Healthtech Solutions (CHS) Programme

Stages of the CHS programme – status of involved companies, December 2017:

The CHS programme aims to initiate 24 collaborations by Q3 2018 (stage 4)



cachet

Copenhagen  
Center for  
Health Technology



COPENHAGEN  
HEALTHTECH  
CLUSTER



# Evaluating the use of an exercise app for treatment of acute ankle sprains

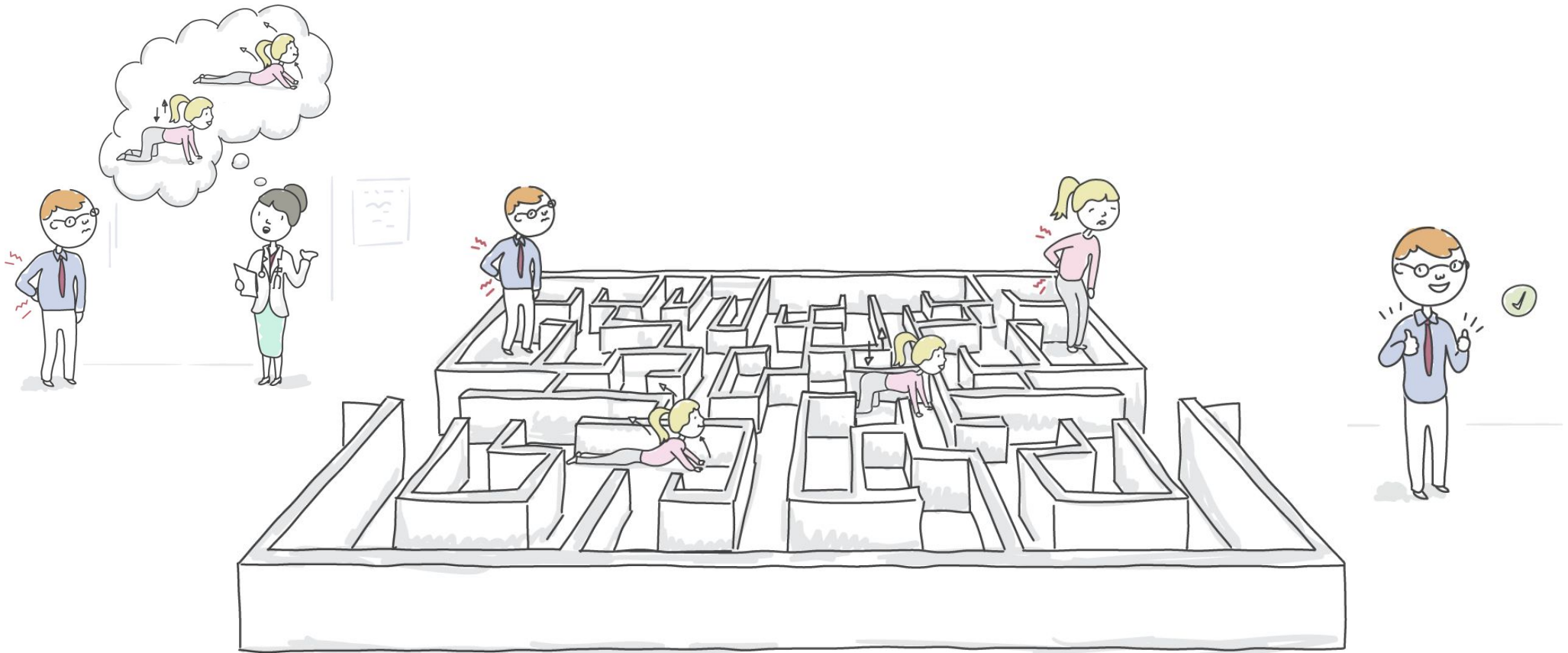


INJURYMAP

# Problem

To exercise is the proven path to relieving pain in muscles and joints

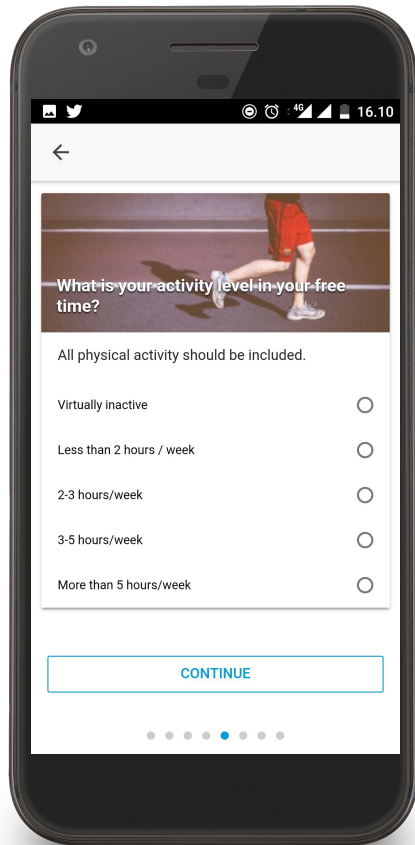
But, finding the right exercises is like navigating a maze



# Solution - an Injurymap

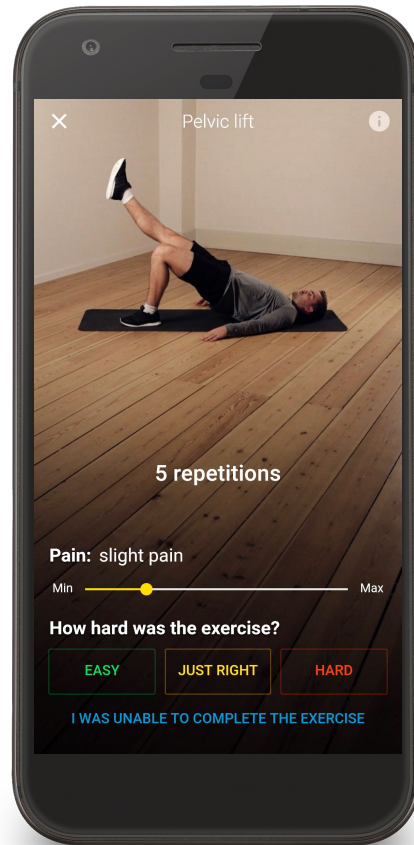
## Individualise workout

Tell us where it hurts



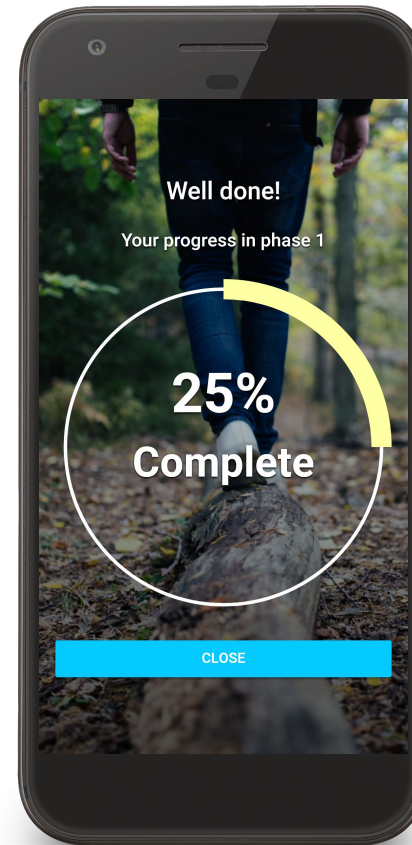
## Train & learn

Step-by-step navigation



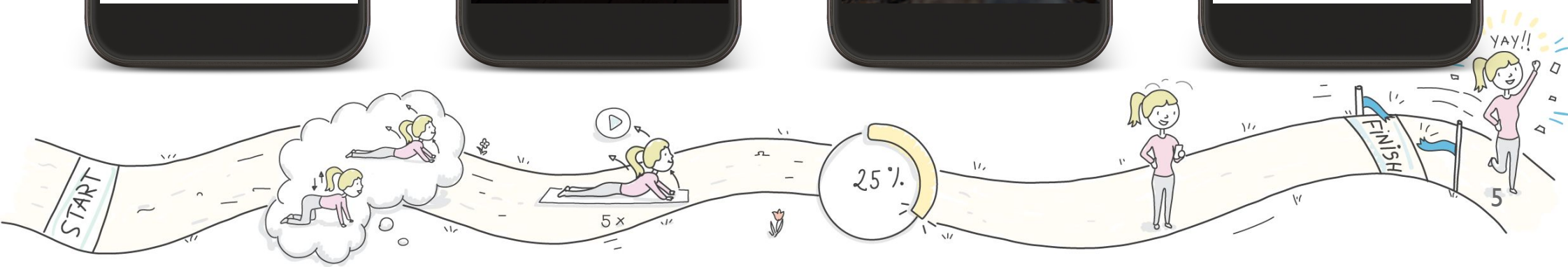
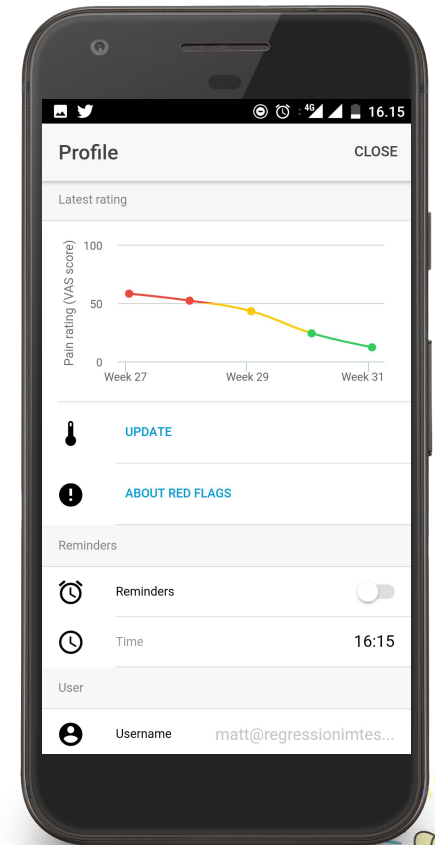
## Progress

Always know where you are



## Become pain free

Find your way out of the maze





# Why did Hvidovre UH want to collaborate with Injurymap?

## Why Injurymap was interesting for HvH

- Technology already developed and ready for testing.

## Why ankle sprains was a field of interest

There are no formal guidelines for the standard care for patients with acute ankle sprains

Though acute ankle sprains contribute to 4-5% of all emergency visits [1], and for  $\frac{2}{3}$  patients include prolonged symptoms [2-4].

Exercise rehabilitation has proven effective in reducing symptoms and prevent re-injuries [5-10]



**Hvidovre  
Hospital**



***“A serious challenge in the use of health related apps is that there is a general lack of evidence-based solutions and healthcare apps often wrongly claim to be evidence founded [11-13]. Because of the availability of health-apps, this poses a major problem that the community needs to address [12]”***

# Collaborative Research

## INJURYMAP



**Hvidovre  
Hospital**

- App development, with expert involvement.
- Adjusting the exercise program and preparing material.
- Evaluation of the exercise program to current literature and designing research project.
- Hvidovre UH recruiting, project execution and data analysis

**Time**



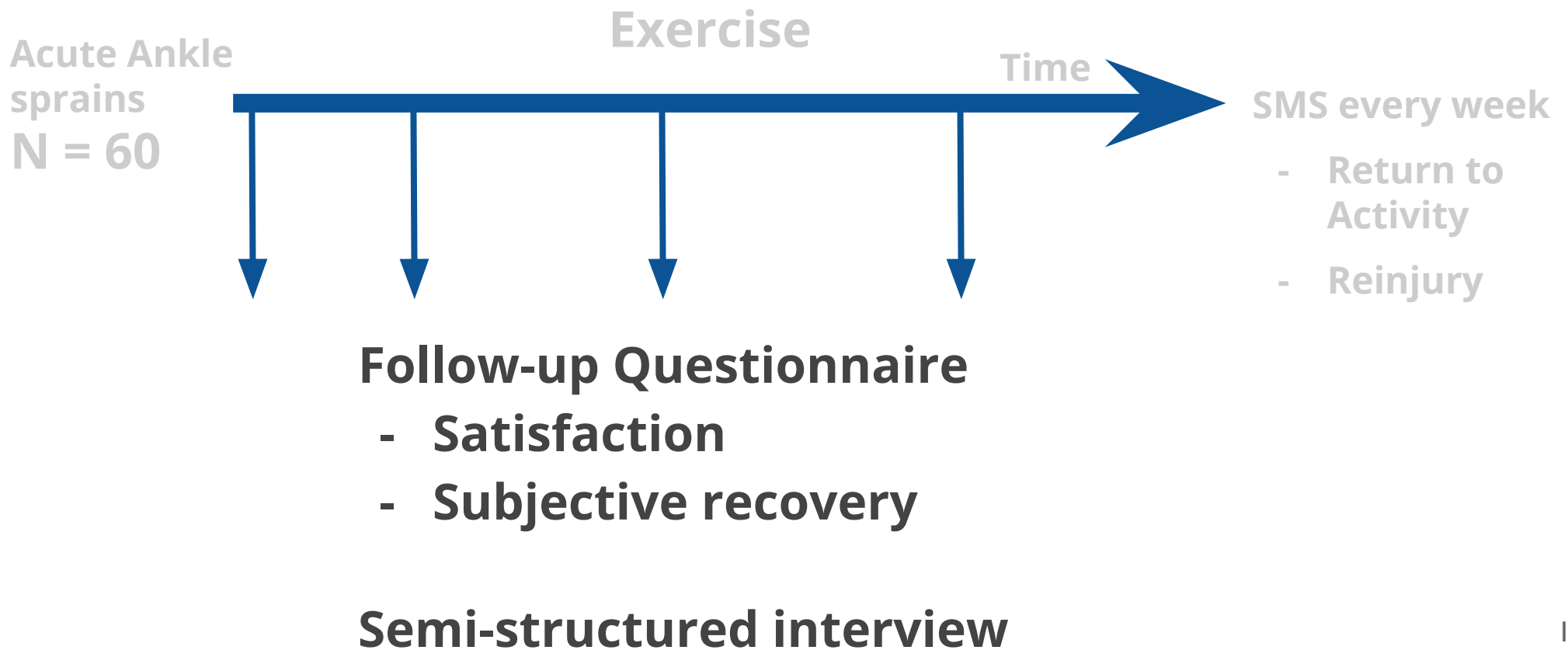
# Research design

pilot cohort mixed method



# Research design

pilot cohort mixed method



# References

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