Press Release

ALLIMB SELECTED AS DIGITAL THERAPEUTICS FOR THE FIRST CLINICAL STUDY IN ITALY ON PATIENTS WITH SPONDYLOARTHRITIS

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The first clinical study carried out on patients with Spondyloarthritis (axSPA) brought together **Dr Tiziana Nava** - a lecturer at the San Raffaele Hospital in Milan - and the Director of the Rheumatology department at the San Sebastiano hospital in Caserta, **Dr Giovanni Italiano**, in a new collaboration. For the realisation of the study, **allimb**, a class 2a medical device, was chosen as Digital Therapeutics to support patients in rehabilitation at home.

The study will be presented at the **EULAR** European Congress of Rheumatology, to be held this week in **Vienna from 12th to 15th June.**

Since its introduction in 2000, EULAR has been held annually in a major European city and is now a world reference for the future of Rheumatology, a platform to illustrate and discuss the latest scientific findings in clinical, translational and basic sciences, to present data and exchange innovative information on the treatment of rheumatic and musculoskeletal diseases (RMD).

The objectives of the clinical study include assessing the satisfaction of physiotherapists and spondyloarthritis patients in using a home rehabilitation programme based on Digital Therapeutics (DTx) and thus measuring the levels of adherence, pain, depression, activities of daily living and joint stiffness. DTx are therapeutic interventions guided by software programmes, based on scientific evidence obtained through methodologically rigorous and confirmatory clinical trials, to prevent, manage, alleviate or treat a medical disorder or disease of a patient.

Specifically, with **allimb**, patients of the study received home exercise programmes on their devices and were guided by a virtual instructor who provided them with real-time feedback. The technology uses the front-facing camera of the patient's personal smartphone or tablet to detect movements and offer corrections and guidance while performing the assigned exercise.

"*The results of the study are satisfying for both patients and physiotherapists* - explains **Dr Tiziana Nava** - *and among the main benefits of using DTx in home exercise for axSpA patients were positive effects on depression, activities of daily living, pain levels and adherence".*

"*We are delighted that our technology, supporting patients in their home rehabilitation, has contributed to this research* - says **Eric Acella, Clinical Project Manager** at **allimb**. *This collaboration is an example of how technological innovation and, in this case, the world of DTx can make a difference not only in people's well-being but also in the advancement of medical and scientific research*".