Apps for Athletic Training

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Apps Used in Athletic Training

- Age of technology
- What the research says
- Apps used for education
- Apps used for clinical practice
- Considerations
Age of Technology

Raise your hand if you own a smartphone.

Raise your hand if you own a tablet.

Do you use these objects for activities other than texting, Facebook®, or Twitter®?
What Does the Research Say?

Figure 6.

Resolution: standard / high

Application Store Size

Number of Applications

<table>
<thead>
<tr>
<th>Month</th>
<th>Apple's App Store (iOS)</th>
<th>Google's Android Market</th>
</tr>
</thead>
<tbody>
<tr>
<td>July'08</td>
<td>50,000</td>
<td>25,000</td>
</tr>
<tr>
<td>Nov'08</td>
<td>75,000</td>
<td>30,000</td>
</tr>
<tr>
<td>Mar'09</td>
<td>100,000</td>
<td>35,000</td>
</tr>
<tr>
<td>July'09</td>
<td>150,000</td>
<td>40,000</td>
</tr>
<tr>
<td>Nov'09</td>
<td>200,000</td>
<td>45,000</td>
</tr>
<tr>
<td>Mar'10</td>
<td>250,000</td>
<td>50,000</td>
</tr>
<tr>
<td>July'10</td>
<td>300,000</td>
<td>55,000</td>
</tr>
<tr>
<td>Nov'10</td>
<td>350,000</td>
<td>60,000</td>
</tr>
<tr>
<td>Mar'11</td>
<td>400,000</td>
<td>65,000</td>
</tr>
<tr>
<td>July'11</td>
<td>450,000</td>
<td>70,000</td>
</tr>
</tbody>
</table>

Number of Applications in Apple's App Store and Google's Android Market (July'08 – Nov'11) [141-156]. This figure presents the growth rate of two major smartphone application stores: Apple's App Store and Google's Android Market, during the period of July, 2008 to November 2011. Both of the stores are growing very fast. According to the most recent updates, the total number of applications in Apple's App Store is more than 425,000 as of July, 2011 [141] and in Android Market is more than 352,800 as of November, 2011 [152]. Overall, the Apple's App Store is currently leading in terms of the application store size; however, the growth rate is much slower than Android Market.

Apps Used for Education

Why use apps or technology while teaching?
  ● "Millennial Generation"

Millennial Characteristics:
  ● Impatient
  ● Optimistic
  ● Motivated
  ● Aware
  ● Collaborative
  ● Techy
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Apps Used for Education
Clinical ORthopedic Exam (C.O.R.E.)

The Beneficial Aspects:
● Easy access to special tests
● Provides description, videos, and statistical support.
● Statistical report includes a link to access the full academic article.
● Great for EBP.

The Problematic Aspect:
● Price: $39.99
Essential Anatomy 5

Why students enjoy it:
● Very easy to use
● Includes multiple systems
● Able to rotate the body 360 degrees
● Detailed

What deters students:
● Price: $29.99
Apps Used for Clinical Practice
Apps Used for Clinical Practice

- We live in a “paperless” world.
  - Patient scheduling
  - Electronic Medical Record keeping (EMR)
- Patient Education
- Access to information
  - Apps available for tablets and smartphones
  - Instant information
IMuscle2

Its Strengths:
- Isolate particular muscle
- Versatile
- 3D anatomical model
- Easy to use
- Price: $8.99

Its Drawbacks:
- Can’t incorporate multiple systems
GoniometerPro

Highlights:
- Ease of use
- Allows you to change the axis of the device you are using
- Not just available for tablets

Lowlights:
- Research has not concluded on accuracy
Considerations

● What are your program or clinical needs?
● How are you going to use the app?
● Will your budget support it?
● Do you have a secure network?
Summary

- Healthcare professions are increasingly accepting and embracing technology
- Research is scarce but positive
- It is a way to engage our students
- “There’s an App for that”
- Price is a large determining factor
Questions?
Bibliography


