

Corrigenda and Addenda

Addendum: Exploring the Importance of Race and Gender Concordance Between Patients and Physical Therapists in Digital Rehabilitation for Musculoskeletal Conditions: Observational, Longitudinal Study

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In the publication “Exploring the Importance of Race and Gender Concordance Between Patients and Physical Therapists in Digital Rehabilitation for Musculoskeletal Conditions: Observational, Longitudinal Study” [1], an addendum has been prepared to provide additional details regarding the exercise intervention and further enhance clarity and transparency.

An illustrative summary of exercise prescription, alongside typical exercise dosage, adjustments, and progression principles, has been included as Multimedia Appendix 2 (included here as

[Multimedia Appendix 1](#)). This appendix provides a generalized framework underlying exercise prescriptions, which were individually adapted based on the patient’s condition and progression. Additional descriptions of digital care program implementations in specific musculoskeletal populations are available in previous studies [2,3], cited in the Introduction and Methods of the original article, respectively. These additions do not affect the study findings or conclusions of the original publication.

Multimedia Appendix 1

General overview of the exercise prescription framework.

[\[DOCX File, 16 KB-Multimedia Appendix 1\]](#)

References

1. Areias AC, Janela D, Molinos M, Bento V, Moreira C, Yanamadala V, et al. Exploring the importance of race and gender concordance between patients and physical therapists in digital rehabilitation for musculoskeletal conditions: observational, longitudinal study. *J Med Internet Res*. Oct 29, 2024;26:e65354. [[FREE Full text](#)] [doi: [10.2196/65354](https://doi.org/10.2196/65354)] [Medline: [39470695](https://pubmed.ncbi.nlm.nih.gov/39470695/)]
2. Cui D, Janela D, Costa F, Molinos M, Areias AC, Moulder RG, et al. Randomized-controlled trial assessing a digital care program versus conventional physiotherapy for chronic low back pain. *NPJ Digit Med*. Jul 07, 2023;6(1):121. [[FREE Full text](#)] [doi: [10.1038/s41746-023-00870-3](https://doi.org/10.1038/s41746-023-00870-3)] [Medline: [37420107](https://pubmed.ncbi.nlm.nih.gov/37420107/)]

3. Areias AC, Costa F, Janela D, Molinos M, Moulder RG, Lains J, et al. Impact on productivity impairment of a digital care program for chronic low back pain: a prospective longitudinal cohort study. *Musculoskelet Sci Pract*. Feb 2023;63:102709. [FREE Full text] [doi: [10.1016/j.msksp.2022.102709](https://doi.org/10.1016/j.msksp.2022.102709)] [Medline: [36543719](https://pubmed.ncbi.nlm.nih.gov/36543719/)]

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