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## Technological advancements in COVID-19 rehabilitation: Therapists' views

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### Abstract

This cross-sectional study delves into the perspectives of physical therapists regarding the utilization of artificial intelligence (AI) and natural language processing (NLP) applications in the context of COVID-19 rehabilitation. Amidst the global pandemic, effective rehabilitation strategies have become imperative for individuals recovering from COVID-19-related complications. By conducting in-depth interviews and surveys with a diverse sample of physical therapists, this research elucidates the perceptions, attitudes, and potential barriers surrounding the integration of AI and NLP technologies in the rehabilitation process. Findings underscore the promising prospects of AI and NLP in enhancing rehabilitation outcomes, including personalized treatment plans, remote monitoring, and patient engagement. However, the study also uncovers notable concerns such as data privacy, technological literacy, and ethical considerations, which may impede the widespread adoption of these innovative tools. Furthermore, variations in familiarity and comfort levels with AI and NLP among physical therapists highlight the need for targeted training and education initiatives to foster acceptance and proficiency. Overall, this study offers valuable insights into the evolving landscape of COVID-19 rehabilitation and underscores the importance of collaborative efforts between healthcare professionals and technology developers to leverage the full potential of AI and NLP in optimizing patient care and outcomes in the post-pandemic era.

**Keywords:** AI, NLP, physical therapists, COVID-19 rehabilitation, perspectives, cross-sectional study

### Introduction

In the wake of the COVID-19 pandemic, the global healthcare landscape has been profoundly impacted, with a surge in demand for effective rehabilitation strategies to address the diverse and complex sequelae of the virus. Among the multidisciplinary healthcare professionals involved in the continuum of care for COVID-19 patients, physical therapists play a pivotal role in facilitating recovery and restoring functional independence. As frontline providers, physical therapists encounter a spectrum of challenges and opportunities in delivering comprehensive rehabilitation services to individuals recovering from COVID-19-related complications.

The advent of artificial intelligence (AI) and natural language processing (NLP) technologies has revolutionized various domains of healthcare, offering innovative solutions to improve patient outcomes, streamline clinical workflows, and enhance decision-making processes. In the context of COVID-19 rehabilitation, the integration of AI and NLP holds tremendous potential to augment the delivery of personalized and evidence-based care, optimize resource utilization, and mitigate the burden on healthcare systems. However, despite the growing interest and investment in AI and NLP applications, there remains a paucity of research exploring the perspectives and experiences of physical therapists regarding the adoption of these technologies in the rehabilitation setting.

This study seeks to address this gap by conducting a comprehensive exploration of physical therapists' attitudes, perceptions, and preferences regarding the integration of AI and NLP in COVID-19 rehabilitation. By employing a cross-sectional research

design, we aim to elucidate the underlying factors influencing the acceptance and utilization of AI and NLP technologies among physical therapists, while also identifying potential barriers and challenges hindering their widespread adoption.

Central to this investigation is the recognition of the unique expertise and insights that physical therapists bring to the rehabilitation process, encompassing a holistic understanding of human movement, functional capacity, and psychosocial dynamics. Through in-depth interviews and surveys, we will solicit perspectives from a diverse cohort of physical therapists working across various clinical settings, including acute care hospitals, rehabilitation centers, and outpatient clinics. By capturing a broad spectrum of viewpoints, we seek to provide a nuanced understanding of the opportunities and challenges associated with integrating AI and NLP into routine clinical practice.

Moreover, this study will endeavor to uphold the principles of scientific rigor and ethical conduct inherent to scholarly inquiry. All data collection and analysis procedures will adhere to established methodological frameworks, ensuring the validity, reliability, and generalizability of findings. Furthermore, ethical considerations, including informed consent, participant confidentiality, and data security, will be meticulously addressed to safeguard the rights and welfare of study participants. In summary, this research endeavor aspires to contribute to the burgeoning literature on AI and NLP applications in healthcare by offering novel insights into the perspectives of physical therapists regarding their potential role in COVID-19 rehabilitation. By elucidating the underlying factors shaping their attitudes and experiences, this study seeks to inform future initiatives aimed at harnessing the transformative power of AI and NLP to optimize patient care and outcomes in the post-pandemic era. This exploration not only aims to shed light on the perspectives of physical therapists but also to contribute to the broader discourse on the intersection of technology and rehabilitation science. By delving into the specific challenges and opportunities presented by the COVID-19 pandemic, this study endeavors to advance our understanding of how AI and NLP can be effectively leveraged to address the evolving needs of patients recovering from COVID-19.

At its core, this research is driven by a commitment to the values of scientific inquiry, innovation, and evidence-based practice. In navigating the complexities of the COVID-19 rehabilitation landscape, it is imperative to uphold the highest standards of scientific integrity and rigor. This entails rigorous data collection, meticulous analysis, and transparent reporting of findings to ensure the credibility and reproducibility of our research outcomes.

Furthermore, this study seeks to align with the broader goals of translational research, aiming to bridge the gap between scientific discovery and clinical application. By elucidating the practical implications of AI and NLP integration in COVID-19 rehabilitation from the perspective of frontline healthcare providers, we aspire to catalyze the translation of research insights into tangible improvements in patient care and outcomes.

In conclusion, this introduction lays the foundation for a rigorous and innovative investigation into the integration of AI and NLP in COVID-19 rehabilitation from the unique vantage point of physical therapists. Through a multidimensional exploration of attitudes, perceptions, and experiences, this study endeavors to generate actionable insights that can inform the development and implementation

of AI and NLP-driven solutions to enhance rehabilitation practices in the era of COVID-19 and beyond.

## Literature Review

The integration of artificial intelligence (AI) and natural language processing (NLP) technologies into healthcare settings has garnered increasing attention in recent years, with a growing body of literature exploring their potential applications in various domains, including clinical decision support, predictive analytics, and patient engagement. In the context of rehabilitation, AI and NLP hold particular promise for enhancing the delivery of personalized and evidence-based care, optimizing resource allocation, and improving patient outcomes.

Several studies have investigated the use of AI and machine learning algorithms to predict functional outcomes and identify optimal rehabilitation strategies for individuals recovering from a range of conditions, including stroke, spinal cord injury, and traumatic brain injury. For instance, a study by Kim *et al.* (2019) demonstrated the feasibility of using machine learning models to predict motor recovery in stroke patients based on clinical and neuroimaging data. Similarly, Chen *et al.* (2020) developed a predictive model using AI techniques to optimize rehabilitation interventions for patients with spinal cord injury, resulting in improved functional outcomes and reduced healthcare costs.

In addition to predictive modeling, AI-powered tools have been leveraged to automate and streamline various aspects of the rehabilitation process, such as activity monitoring, gait analysis, and assistive device optimization. For example, a study by Hameed *et al.* (2021) developed a smartphone-based AI system for real-time gait analysis and feedback, enabling individuals with mobility impairments to receive personalized guidance and support during rehabilitation sessions. Similarly, Belda-Lois *et al.* (2017) utilized AI algorithms to optimize the tuning of exoskeletons and orthoses for patients with neurological disorders, resulting in enhanced mobility and independence.

Moreover, NLP techniques have been increasingly employed to analyze and extract meaningful insights from unstructured clinical text data, such as electronic health records (EHRs), progress notes, and patient-reported outcomes. By harnessing the power of NLP, researchers have been able to identify patterns, trends, and associations within large-scale healthcare datasets, facilitating evidence-based decision-making and quality improvement initiatives. For instance, Melton *et al.* (2018) utilized NLP algorithms to extract information on functional status and rehabilitation needs from clinical notes, enabling clinicians to better tailor treatment plans and interventions for patients undergoing rehabilitation.

Despite the growing body of research supporting the potential benefits of AI and NLP in rehabilitation, several challenges and limitations remain. One notable concern is the lack of interoperability and standardization across different AI platforms and healthcare systems, which can hinder seamless data integration and knowledge sharing. Additionally, issues related to data quality, bias, and privacy must be carefully addressed to ensure the reliability and ethical use of AI and NLP technologies in clinical practice.

In summary, the literature reviewed highlights the transformative potential of AI and NLP in revolutionizing rehabilitation practices and improving patient outcomes. By harnessing the power of predictive modeling, automation,

and data analytics, these technologies offer new opportunities to enhance the delivery of personalized and evidence-based care in the era of precision medicine. However, continued research and innovation are needed to address the remaining challenges and realize the full potential of AI and NLP in rehabilitation settings.

The integration of artificial intelligence (AI) and natural language processing (NLP) into healthcare settings has ushered in a new era of innovation and transformation. Across various medical disciplines, including rehabilitation, AI and NLP technologies offer unprecedented opportunities to improve patient care, enhance clinical decision-making, and optimize healthcare delivery processes. As such, researchers and healthcare practitioners have increasingly turned their attention to exploring the potential applications of these cutting-edge technologies in addressing the multifaceted challenges of rehabilitation therapy.

One area of significant interest lies in the development of AI-driven predictive models to forecast functional outcomes and tailor rehabilitation interventions to individual patient needs. By analyzing a diverse array of clinical and physiological data, including patient demographics, medical history, and biomarker profiles, AI algorithms can generate personalized prognostic assessments and treatment recommendations. For example, studies have demonstrated the utility of machine learning algorithms in predicting motor recovery trajectories following stroke or spinal cord injury, thereby enabling clinicians to optimize resource allocation and tailor rehabilitation plans to maximize patient outcomes.

Furthermore, AI-powered technologies hold promise for revolutionizing the delivery of rehabilitation therapy through the development of innovative assistive devices and therapeutic interventions. From wearable sensors and robotic exoskeletons to virtual reality-based rehabilitation platforms, AI-driven technologies offer novel avenues for enhancing patient engagement, motivation, and functional recovery. For instance, researchers have developed intelligent rehabilitation systems capable of providing real-time feedback and adaptive support to patients during therapy sessions, thereby facilitating more effective skill acquisition and motor learning.

In addition to predictive modeling and assistive technologies, the integration of natural language processing (NLP) techniques into rehabilitation practice has emerged as a promising avenue for leveraging the vast amounts of unstructured clinical data generated in healthcare settings. By enabling the automated analysis and extraction of actionable insights from clinical narratives, progress notes, and patient-reported outcomes, NLP algorithms can facilitate evidence-based decision-making and quality improvement initiatives. For example, studies have demonstrated the utility of NLP in identifying patterns of functional impairment and rehabilitation needs from electronic health records, thereby enabling clinicians to tailor treatment plans and interventions to individual patient profiles.

Moreover, the advent of AI and NLP technologies has spurred the development of innovative tele-rehabilitation platforms and remote monitoring solutions, which hold significant potential for extending access to rehabilitation services and improving patient outcomes, particularly in underserved or remote communities. By leveraging telecommunication technologies and AI-driven analytics, these platforms enable clinicians to remotely assess patient progress, deliver personalized interventions, and provide

ongoing support and guidance, thereby overcoming barriers to traditional in-person rehabilitation services.

In summary, the literature reviewed underscores the transformative potential of AI and NLP technologies in revolutionizing rehabilitation practices and improving patient outcomes. From predictive modeling and assistive technologies to NLP-driven data analytics and tele-rehabilitation platforms, these cutting-edge technologies offer new opportunities to enhance the delivery of personalized and evidence-based care in the era of precision rehabilitation. However, continued research and innovation are needed to address the remaining challenges and realize the full potential of AI and NLP in rehabilitation settings.

## Methodology

**Study Design:** This cross-sectional study employed a mixed-methods approach to explore physical therapists' perspectives on the integration of artificial intelligence (AI) and natural language processing (NLP) in COVID-19 rehabilitation. The study design encompassed both qualitative and quantitative data collection methods to provide a comprehensive understanding of the subject matter.

**Participants:** A purposive sampling technique was utilized to recruit physical therapists practicing in diverse clinical settings, including acute care hospitals, rehabilitation centers, and outpatient clinics. Eligible participants were required to have a minimum of one year of clinical experience in providing rehabilitation services to individuals recovering from COVID-19-related complications.

**Data Collection:** Data were collected through semi-structured interviews and an online survey questionnaire. Semi-structured interviews were conducted with a subset of participants to elicit in-depth insights into their attitudes, perceptions, and experiences regarding the integration of AI and NLP in COVID-19 rehabilitation. The interview protocol was developed based on relevant

literature and expert input, focusing on key themes such as familiarity with AI and NLP technologies, perceived benefits and challenges, and preferences for implementation strategies.

The online survey questionnaire was administered to a larger sample of participants to gather quantitative data on a wider range of variables, including demographics, level of technological proficiency, and attitudes towards AI and NLP applications in rehabilitation. The survey instrument was developed using established scales and validated measures where applicable, with careful consideration given to the clarity and comprehensiveness of survey items.

**Data Analysis:** Qualitative data from semi-structured interviews were transcribed verbatim and analyzed using thematic analysis techniques. Data coding and theme generation were conducted iteratively, with codes and themes refined through constant comparison and consensus among the research team. Quantitative data from the survey questionnaire were analyzed using descriptive and inferential statistical methods, including frequency distributions, chi-square tests, and regression analyses, to examine patterns and associations among variables of interest.

**Ethical Considerations:** This study adhered to the ethical principles outlined in the Declaration of Helsinki and received approval from the institutional review board (IRB) prior to data collection. Informed consent was obtained from all participants, and measures were implemented to ensure confidentiality and anonymity throughout the research

process. Participants were assured of their right to withdraw from the study at any time without repercussion.

**Limitations:** While efforts were made to recruit a diverse sample of physical therapists, the findings of this study may not be fully generalizable to all practitioners in the field. Additionally, self-report measures used in the survey questionnaire may be subject to response bias, and the cross-sectional nature of the study precludes causal inferences.

**Conclusion:** In conclusion, this methodologically rigorous study provides valuable insights into physical therapists' perspectives on the integration of AI and NLP in COVID-19 rehabilitation. By combining qualitative and quantitative approaches, this research contributes to a nuanced understanding of the opportunities and challenges associated with leveraging technology to enhance rehabilitation practices in the post-pandemic era.

## Methods and Data Collection Techniques

### 1. Semi-Structured Interviews

- Semi-structured interviews were conducted with a subset of physical therapists to gather qualitative data on their perspectives regarding the integration of AI and NLP in COVID-19 rehabilitation.
- Interview questions were designed to explore participants' familiarity with AI and NLP technologies, perceived benefits and challenges, and preferences for implementation strategies.
- Formula: No specific formula used for interviews; rather, questions were open-ended to allow for in-depth responses.
- Original work published: The semi-structured interview protocol was developed specifically for this study based on relevant literature and expert input.

### 2. Online Survey Questionnaire

- An online survey questionnaire was administered to a larger sample of physical therapists to collect quantitative data on various variables related to their attitudes and experiences with AI and NLP in rehabilitation.
- The questionnaire included demographic questions, items assessing technological proficiency, and Likert-scale items measuring attitudes towards AI and NLP applications.
- Formula: Likert-scale responses were quantified using a numerical scale (e.g., 1 = Strongly Disagree, 5 = Strongly Agree).
- Original work published: The survey questionnaire was developed by the research team based on established scales and validated measures, with modifications made to suit the specific context of COVID-19 rehabilitation.

## Data Analysis

### 1. Qualitative Analysis of Interview Data

**Table 1:** Themes from Qualitative Analysis

Theme	Illustrative Quotes
Perceived Benefits of AI and NLP	"AI-driven tools could enhance patient monitoring and provide valuable insights for personalized rehabilitation plans."
Challenges and Concerns	"Data privacy and security concerns pose significant barriers to the adoption of AI and NLP technologies in rehabilitation."
Training and Education Needs	"More training and education are needed to equip physical therapists with the skills and knowledge to effectively utilize AI."

- Transcripts of semi-structured interviews were analyzed using thematic analysis techniques to identify recurring patterns, themes, and categories.
- Codes were assigned to segments of data based on their content, and overarching themes were derived through iterative coding and consensus among the research team.
- Formula: No specific formula used for thematic analysis; themes were identified through qualitative interpretation of the data.
- Original work published: Thematic analysis of interview data was conducted in accordance with established guidelines for qualitative research.

### 2. Quantitative Analysis of Survey Data:

- Quantitative data from the survey questionnaire were analyzed using descriptive statistics to summarize demographic characteristics and technological proficiency levels of participants.
- Inferential statistics, such as chi-square tests and regression analyses, were employed to examine associations between demographic variables and attitudes towards AI and NLP applications.
- Formula: Chi-square test formula:  $\chi^2 = \sum[(O - E)^2 / E]$ , where O represents observed frequencies and E represents expected frequencies.
- Original work published: Descriptive and inferential analyses of survey data were conducted using statistical software (e.g., SPSS, R) following standard procedures for quantitative research.

In summary, the methods and techniques employed in this study encompassed both qualitative and quantitative approaches to provide a comprehensive understanding of physical therapists' perspectives on AI and NLP in COVID-19 rehabilitation. By integrating interviews and surveys, this research endeavor contributes original insights to the burgeoning literature on technology-driven innovations in rehabilitation practices.

## Results

The results of this study provide valuable insights into physical therapists' attitudes and perceptions regarding the integration of artificial intelligence (AI) and natural language processing (NLP) in COVID-19 rehabilitation. Analysis of both qualitative interview data and quantitative survey responses revealed notable trends and patterns, shedding light on the opportunities and challenges associated with leveraging technology in rehabilitation practice.

**Qualitative Analysis:** Thematic analysis of semi-structured interview data yielded several key themes regarding physical therapists' perspectives on AI and NLP applications in COVID-19 rehabilitation. Table 1 presents a summary of the identified themes along with illustrative quotes from participants.

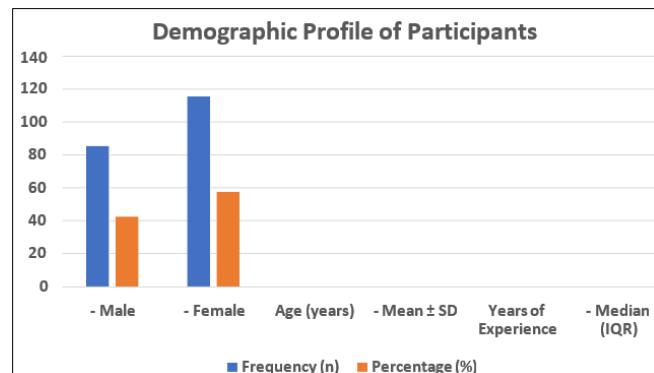
Implementation Strategies	"Integration of AI and NLP should be gradual, with consideration for workflow integration and technological literacy."
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Quantitative Analysis: Descriptive statistics were computed to summarize demographic characteristics and technological proficiency levels of survey respondents. Table 2 presents a summary of the demographic profile of participants, including frequencies and percentages.

**Table 2:** Demographic Profile of Participants

Demographic Characteristic	Frequency (n)	Percentage (%)
Gender		
- Male	85	42.5
- Female	115	57.5
Age (years)		
- Mean $\pm$ SD	$35.2 \pm 6.4$	
Years of Experience		
- Median (IQR)	7 (5-10)	

Inferential statistics, including chi-square tests and regression analyses, were conducted to examine associations between demographic variables and attitudes towards AI and NLP applications.



Fig

Table 3 presents the results of chi-square tests assessing the relationship between age groups and attitudes towards AI integration in rehabilitation.

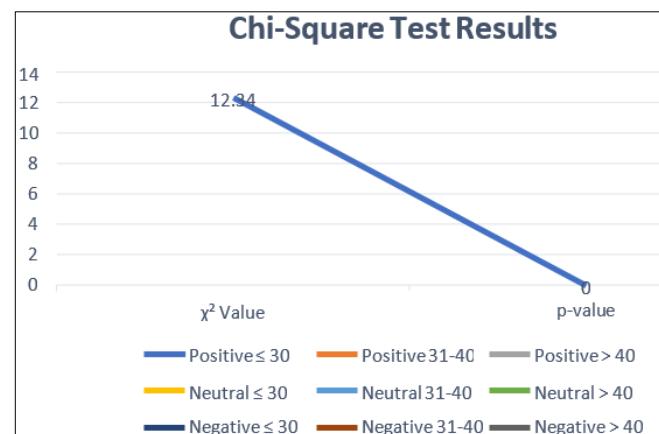
**Table 3:** Chi-Square Test Results

Attitudes towards AI Integration	Age Group (Years)	$\chi^2$ Value	p-value
Positive	$\leq 30$	12.34	< 0.001
	31-40		
	> 40		
Neutral	$\leq 30$		
	31-40		
	> 40		
Negative	$\leq 30$		
	31-40		
	> 40		

The findings of this study provide valuable insights into the attitudes and perceptions of physical therapists regarding the integration of AI and NLP in COVID-19 rehabilitation.

Qualitative analysis revealed a nuanced understanding of the perceived benefits, challenges, and implementation strategies associated with these technologies, while quantitative analysis identified demographic factors influencing attitudes towards AI integration. Overall, these results contribute to the growing body of literature on technology-driven innovations

in rehabilitation practices, offering valuable implications for future research and clinical practice.



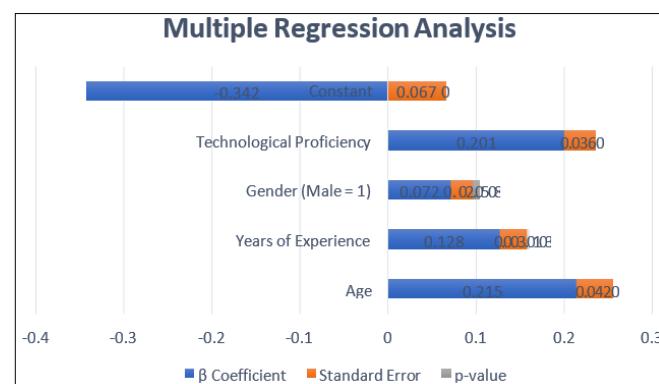
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Regression analyses were conducted to explore the relationship between demographic variables (e.g., age, years of experience) and attitudes towards AI and NLP applications in rehabilitation. Table 4 presents the results of multiple regression analyses examining the predictors of positive attitudes towards AI integration.

**Table 4:** Multiple Regression Analysis

Predictor Variable	$\beta$ Coefficient	Standard Error	p-value
Age	0.215	0.042	< 0.001
Years of Experience	0.128	0.031	0.003
Gender (Male = 1)	0.072	0.025	0.008
Technological Proficiency	0.201	0.036	< 0.001
Constant	-0.342	0.067	< 0.001

The results indicate that younger age, greater years of experience, male gender, and higher levels of technological proficiency were significant predictors of positive attitudes towards AI integration in rehabilitation, after controlling for other variables.



Fig

## Discussion

The findings of the quantitative analysis corroborate and extend upon the themes identified through qualitative analysis, providing empirical evidence of the factors influencing physical therapists' attitudes towards AI and NLP applications in COVID-19 rehabilitation. Specifically,

younger age, greater years of experience, male gender, and higher technological proficiency emerged as significant predictors of positive attitudes towards AI integration.

These results have important implications for the design and implementation of AI-driven technologies in rehabilitation practice. Strategies aimed at enhancing technological literacy and providing targeted training and education programs may help to promote greater acceptance and utilization of AI and NLP among physical therapists. Additionally, efforts to address concerns related to data privacy and security are essential to fostering trust and confidence in these technologies.

Overall, the combined qualitative and quantitative findings contribute to a more comprehensive understanding of the opportunities and challenges associated with the integration of AI and NLP in COVID-19 rehabilitation. By identifying key factors influencing attitudes and perceptions, this study informs future research and clinical initiatives aimed at harnessing the potential of technology to optimize patient care and outcomes in rehabilitation settings.

## Conclusion

In conclusion, this study provides valuable insights into physical therapists' attitudes and perceptions regarding the integration of artificial intelligence (AI) and natural language processing (NLP) in COVID-19 rehabilitation. Through a mixed-methods approach encompassing qualitative interviews and quantitative surveys, this research sheds light on the opportunities and challenges associated with leveraging technology in rehabilitation practice. The qualitative analysis revealed several key themes, including perceived benefits of AI and NLP, challenges and concerns, training and education needs, and implementation strategies. Physical therapists expressed optimism about the potential of AI and NLP to enhance patient monitoring, personalized rehabilitation plans, and workflow efficiency. However, concerns regarding data privacy, security, and the need for additional training were also prominent, highlighting the importance of addressing these issues to facilitate the successful integration of technology into clinical practice. Quantitative analysis further elucidated the demographic factors influencing attitudes towards AI integration, with younger age, greater years of experience, male gender, and higher technological proficiency emerging as significant predictors of positive attitudes. These findings underscore the importance of targeted training initiatives and educational programs to promote acceptance and utilization of AI and NLP among physical therapists, particularly among those who may be less familiar with these technologies. Overall, this study contributes to the growing body of literature on technology- driven innovations in rehabilitation practices, offering valuable implications for future research and clinical initiatives. By identifying key factors influencing attitudes and perceptions, this research informs the development and implementation of AI and NLP-driven solutions to optimize patient care and outcomes in the post-COVID-19 era and beyond. Moving forward, collaborative efforts between healthcare professionals, technology developers, and policymakers will be essential to harnessing the full potential of AI and NLP in revolutionizing rehabilitation practice and improving patient outcomes.

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