

## Real User Review and Summary by

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MEDBRIDGE

## MedBridge Education Review

I started using [MedBridge](#) this year after researching multiple online CEU options. MedBridge Education continued to rise to the top of the list, so I made my decision and wanted to share my experience by writing up this MedBridge review.

### Is MedBridge Worth It?

As a current Physical Therapist and former financial advisor, there are three key factors that I use when making a decision to enroll in a continuing education course.

- **Cost** - does it make financial cents?
- **Quality** - does it hold up to the highest standards?
- **Convenience** - does it save me time and energy?

When a weekend CEU course costs \$500+, it may meet the criteria of convenience and quality, but the cost is often the limiting factor. If travel or time off is required, that \$500 can easily double or triple, significantly raising the average cost of the earned CEUs.

Attending an in-person course has its place in continuing education, but with technology where it is today, you have access to the leading experts in your field without incurring travel expenses or extra time off.

Does MedBridge pass the quick, 3 part question of **cost, quality, and convenience**? Yes it does.

**Cost:** For \$200 (with the "PTProgress" coupon) you have access to **unlimited CEUs**. Your average cost per CEU dramatically drops with each course you take.

**Quality:** The online learning platform is intuitive and each course is lead by industry leaders who bring years of experience.

**Convenience:** Each course can be viewed and completed at your own pace. (I'm a fan of the 2x speed feature and ability to replay audio when clicking on the powerpoint slides.)



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## MedBridge Overview



# MEDBRIDGE

MedBridge started in 2011 as a resource for Physical Therapists and soon expanded into courses for Occupational Therapists, Speech Language Pathologists, Athletic Trainers, and Nurses.

Today, over 70,000 clinicians use MedBridge and have access to over 1,000 video courses as well as an innovative home exercise platform and mobile app.

MedBridge now partners with over 1,000 organizations, providing employees access to the platform which has resulted in significant improvements. After partnering with MedBridge, one large hospital noted the following changes in a case study:

- 23% Savings on Continuing Education and HEP
- 19% Improvement in Outcome Scores
- 100% Staff Retention Rate
- 15% Decrease in No-Shows and cancellations

***Those figures alone should make any clinic director's eyes light up!***

You're probably familiar with ROI: *Return on Investment*. So I'm coining a new phrase: **ROEd** Return On **Education**. Not only did this health care group experience cost savings in staff clinical education, they decreased the no-show / cancellation rate after implementing the MedBridge platform.

For organizations that have established continuing education budgets and want to find ways to **expand** education instead of **cutting** education funding, the MedBridge enterprise solutions should be discussed at your next team meeting.

**100%**  
**staff retention rate**

Freeman maintained a 100% employee retention rate while using MedBridge in 2015.

**15%**  
**decrease in no-shows and cancellations**

**19%**  
**improvement in outcomes scores**

Freeman increased outcomes scores from the 41st to the 60th percentile nationally (using FOTO).

**23%**  
**savings on continuing education and HEP**

Freeman has seen a 23% savings in spend on CE and HEP (over previous years).

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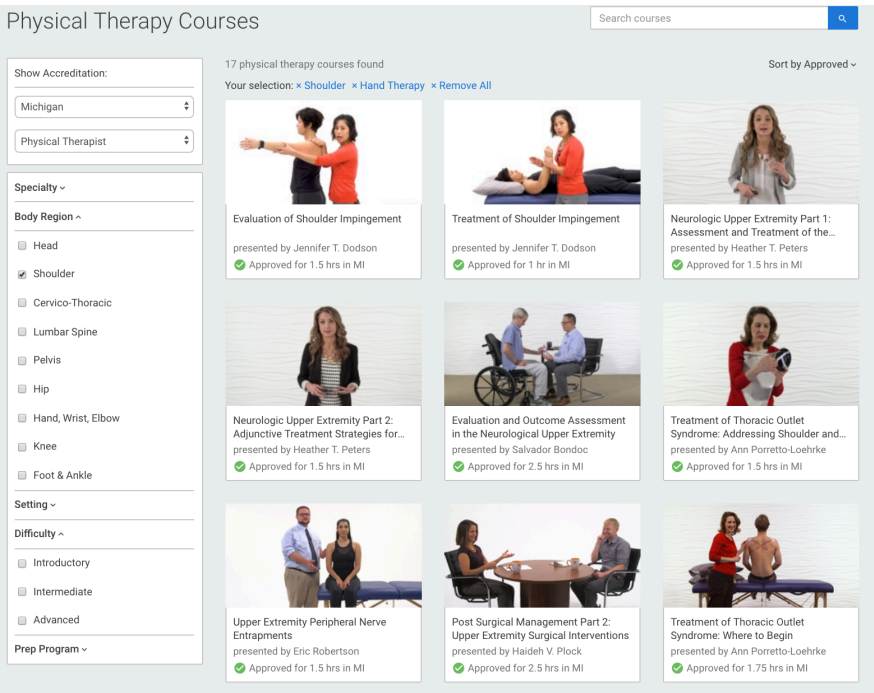
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# MedBridge Education CEU | Course Offerings

As part of this MedBridge review, I want to highlight the features that set it apart from other platforms.

## Well Organized Continuing Ed Search Feature

Looking for a specific topic such as Shoulder Impingement and Treatment? You can use the organized search feature on MedBridge to quickly narrow down your search by topic, specialty, body region, and even course difficulty.

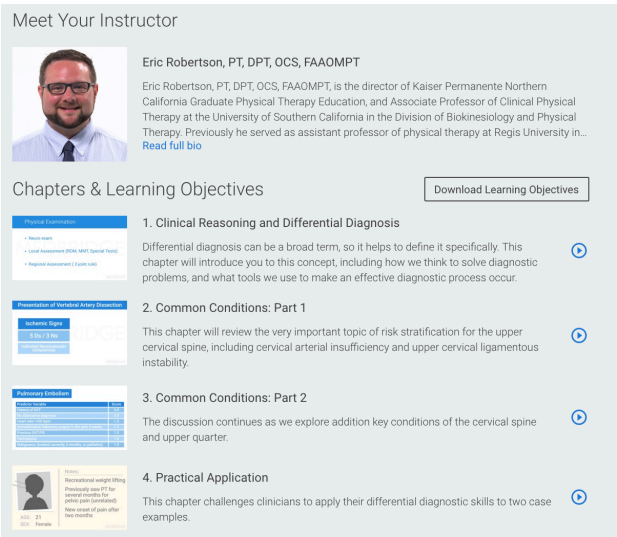


## Quick Accreditation Check

Under each course, you'll find the total approved hours for your state and specialty. Above you can see that I've selected Physical Therapist in Michigan and I can quickly switch views to show offerings for OTs, ATCs, SLPs and Nurses.

## Detailed Course Outlines

Before you even start a course, you can read the full description to learn more about the objectives, instructor, and materials covered in the course. As you can see below, this view gives you a quick glance at the relevancy of the course, so you know if it fits your needs before you commit the time to watch the course.



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## Integrated Quizzes

I really like the integrated quiz feature within the courses. Not only does this require you to apply the knowledge you're learning, it challenges you to draw on your previous clinical knowledge and expertise. Below is an example of the integrated quizzes I encountered when taking a course on the shoulder. Also, it should be noted that your score on the quiz doesn't have an effect on the completion of the course.

Chapter 1. Anatomy and Biomechanics—Learning Assessment

Table of Contents

Case Excerpt 3 of 3

Question 3 of 3  
Which muscle(s) have been shown in biomechanical studies to produce upward rotation of the scapula in healthy subjects?

- ☐ Lower trapezius  
[read more](#)
- ☐ Middle trapezius  
[read more](#)
- ☐ Serratus anterior  
[read more](#)
- ☒ Both A and C

Next

Do you have feedback about this question? Please let us know.

Download Course Slides

Back Save & Quit Continue

## Downloadable Powerpoints

If you prefer a hands on pen and paper approach, don't worry! I love that you have access to the powerpoints and can print each lecture if you want a paper copy. Even better, the slides are full size and color and they do a good job in keeping the text concise in the slides.

### Sample Lecture Slides

#### Importance of Scapular Stability in Throwing Athletes

Knees up, Foot contact, Max CR, Release, Max IR

Wind-up, Stride, Arm cocking, Arm acceleration, Arm deceleration, Follow-through

#### Kibler's Assessments

- Isometric pinch of scapulae in retraction
  - Scapular weakness will cause a burning pain in less than 15 seconds
- Wall push ups: evaluating serratus anterior muscle strength
  - Abnormalities of scapular winging may be noted with five to ten repetitions

#### Glenohumeral Internal Rotation Deficit (GIRD)

- Described in 2003 by Burkhart et al.
- GIRD can initiate the central pathophysiologic cascade in throwing shoulder
- First step: contracture in the PIGHL and posteroinferior capsule (these acts are reciprocating cables balancing the humeral head in the center of the glenoid when the arm is ABD)

#### How Do We Measure Pec Minor Tightness?

Supine: distance from treatment table to postero-lateral angle of scapula

- Tight if greater than one inch
- Limitations: table, effect of gravity, size of person, arm position

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## **Other MedBridge Features**

### **Compliance Training Courses**

Most organizations require annual training on topics related to OSHA, HIPPA, human resources, and safety. The Learning Management System allows organizations to distribute this training among its employees at a fraction of the cost.

### **Certification Prep Programs**

Within the basic membership of MedBridge, you have access to multiple certification prep programs. Some of the most common include the OCS exam prep, NCS exam prep, and CRRN prep courses. You can even complete MedBridge Certifications on various topics to advance in your career and knowledge base.

### **Clinician Mobile App**

All of the courses you find can be accessed on your mobile device, making it easy to consume courses on the go. You can download the course content and materials and even take the online quizzes through your phone or tablet.

### **Patient Satisfaction and Marketing**

Getting feedback from your patients is simple with the integrated satisfaction survey. The team at MedBridge is continuing to develop new tools that will make it simple to communicate with new patients and to promote engagement, which can lead to decreased no shows / cancellations in the clinic.

### **Outcomes Tracking & Reporting**

With reimbursement hanging on a thread for many clinics, it's important to have a strong measure of tracking outcomes. These tools help to reduce operational overhead and to save time by identifying gaps in outcome scores and highlighting solutions to improve profitability.

### **EMR Integration**

On average, clinicians who use the MedBridge HEP solution with EMR integration save 2 minutes per patient. That amounts to an average of \$4,500 in savings per clinician per year.

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## MedBridge Go (Home Exercise Program)

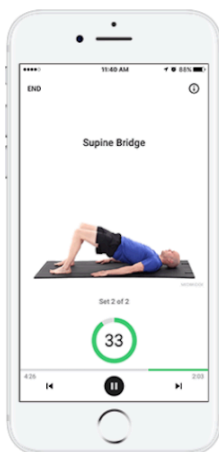
When you sign up for MedBridge, you get access to MedBridge Go, one of the most smartest HEP programs I've ever used. I could write an entire review on their HEP alone!

Here are the highlights:

- Intuitive & Fast HEP Creation
- Simple to Share via Text, Email or Print
- Integrated Videos for Patients
- Activity Tracker and Reminders for Patients

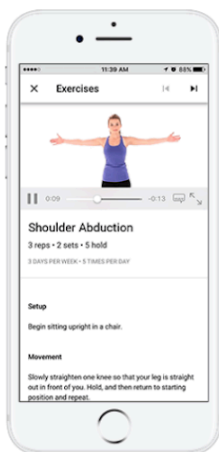
The Patient Experience

[View Patient FAQ](#)



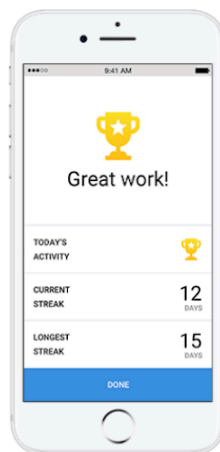
### Exercises

Patients can watch interactive HD videos with easy-to-follow instructions.



### Resources

Patients can gain a deeper understanding of their condition with patient education.



### My Activity

Patients can track activity and progress throughout treatment and post care.



### Reminders

Patients can set reminders to keep on track with their goals for recovery.

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## A Final Word on MedBridge & MedBridge Promo Code

*MedBridge has agreed to provide my readers with a 40% off MedBridge Coupon. Use the MedBridge promo code: "PTProgress" to save \$175 on MedBridge.*

As a clinician, I enjoy teaching others about resources that help them develop. When I find a tool like MedBridge, I want my colleagues to know how helpful it can be for their education and professional development.

Personally, I think MedBridge one of the best CE platforms available. Not only does it provide clinicians with education credits via high quality courses, it fills the gap by providing them with resources for patients as well as meeting compliance requirements within an organization.

MedBridge is like an extension of your clinical ed team, compliance / quality measures team, and customer retention team.

Make them a part of your organization to maximize the investment in your clinical staff and patients. Visit [www.MedBridgeEducation.com/pt-progress](http://www.MedBridgeEducation.com/pt-progress) to save 40% with promo: "PTProgress"



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