# Article information:

Individuell, arztgesteuert, digital: OrthoHeroBKK gestartet – BVOU Netzwerk  
<https://www.bvou.net/orthohero/>

# Article summary:

1. The OrthoHeroBKK program, a selective contract between the BVOU, BKK VAG, Herodikos GmbH, and KVBW, offers individually tailored and app-supported treatment for back and knee problems.

2. Patients receive movement therapy exercises through the Herodikos app, which are customized and controlled by orthopedic specialists.

3. Participating doctors can easily enroll patients in the program, create personalized training plans, and conduct necessary follow-up examinations during the usage period.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

The article titled "Individuell, arztgesteuert, digital: OrthoHeroBKK gestartet – BVOU Netzwerk" discusses the launch of a new selective contract called OrthoHeroBKK. The contract aims to provide individualized, doctor-controlled, and digitally supported treatment for back and knee problems. It is a collaboration between the Berufsverband für Orthopädie und Unfallchirurgie e.V. (BVOU), BKK Vertragsarbeitsgemeinschaft Baden-Württemberg (BKK VAG), Herodikos GmbH, and Kassenärztlicher Vereinigung Baden-Württemberg (KVBW).

The article highlights the limitations of existing Digital Health Applications (DiGAs) in involving doctors and delivering promised results due to low adherence and high prices. The OrthoHeroBKK contract aims to address these issues by providing patients with customized exercise plans through the Herodikos app, under the supervision of orthopedic specialists.

While the article presents this new contract as a solution to existing problems, it lacks critical analysis and supporting evidence for its claims. It does not provide any data or studies to support the assertion that current DiGAs have low adherence rates or fail to involve doctors effectively. Without such evidence, it is difficult to evaluate whether OrthoHeroBKK truly offers a better alternative.

Additionally, the article appears to be promotional in nature, focusing on the benefits of OrthoHeroBKK without discussing potential risks or drawbacks. It does not explore potential counterarguments or alternative perspectives on the use of digital health applications for treating musculoskeletal conditions.

Furthermore, there is no mention of any potential biases in the article or disclosure of conflicts of interest among the organizations involved in developing OrthoHeroBKK. This lack of transparency raises questions about the objectivity and impartiality of the information presented.

Overall, the article lacks critical analysis, supporting evidence, and a balanced presentation of different perspectives. It primarily serves as a promotional piece for OrthoHeroBKK without adequately addressing potential limitations or considering alternative viewpoints.

# Topics for further research:

* Adherence rates of Digital Health Applications (DiGAs) in treating musculoskeletal conditions
* Effectiveness of doctor involvement in digital health applications for back and knee problems
* Comparative analysis of different selective contracts for orthopedic treatment
* Risks and drawbacks of using digital health applications for orthopedic conditions
* Studies on the impact of individualized exercise plans on patient outcomes for back and knee problems
* Potential conflicts of interest among organizations involved in developing OrthoHeroBKK

# Report location:

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