



What to Expect During a Physical Therapy Telehealth Visit

- Expect the same level of attention, expertise, and understanding as an in-person visit with the safety and convenience of doing a consultation wherever you have an internet connection.
- Your therapist will take a detailed history of what is causing you issues physically as well as explore other aspects of your health that contribute to your physical issues at this time. Examples of this are other health issues such as nutrition, sleep, as well as emotional stress.
- Your therapist will ask you to perform movements of your body in order to see clearly what you are capable of doing as well as provide you with the understanding of what your issues are. Examples such as squatting, balancing, bending, as well as breathing!
- We will show you simple and effective strategies in order to improve your condition, at times immediately and at times through the process of dedicated self-care.
- We will develop a plan for you to get back to whatever level of function you would like to get back to or create for yourself. We want to provide you with the best education, resources and capacity to meet your wellness goals.
- The plan of care can be consistently adjusted according to your goals as well as symptoms and always with thoughtful and attentive communication with your physical therapist

How to Have a Good Physical Therapy Telehealth Visit

1. Make sure you have downloaded the digital application on your phone or computer. We will be using Zoom.
2. Using a cell phone or laptop is preferred over a desktop computer as your therapist may need you to move the camera to see the full body
3. Ask other member of the house to not be downloading or streaming to other digital devices so your connection will not be slowed down
4. Dress in comfortable clothing that you can easily move in.
5. Have all pets in another room so they don't distract you
6. Find a space that is clear about 3 feet around you; remove all rugs or furniture if possible.
7. If you have any typical exercise equipment- Exercise bands/ dumbbells, foam rollers, have them available.
8. Have good lighting either with a floor lamp next to you, be near a window during the day, or good overhead lighting
9. If possible, ask someone in the home to help hold the camera if directed by your therapist
10. For any activities that may require balance, you may want to have a counter, couch or other heavy furniture for support that is at waist height
11. Find a space that is quiet
12. Plan on visit taking anywhere between 30 minutes to an hour if needed.
13. Make sure all your questions are answered!

Take a deep breath and know you're getting good care right in the comfort of your home!