

TELEHEALTH FAQ

What is Telehealth?

Telehealth is the delivery of medical and/or wellness information via a secure on-line platform (Zoom, Doxy.me, IntakeQ, Google Meet) which includes audio and visual components.

How can you deliver physical therapy services without touching me?

It's quite easy, but will be quite different from what you are used to since there will be no manual therapy provided by me. The sessions will focus on the assessment of functional movements and range of motion, pain management strategies, education on your diagnosis, dysfunction, and/or symptoms and the treatment modalities to help manage them. Modalities may include self soft tissue massage/mobilization, exercises and activities that are aimed to enhance your range of motion, strength, balance, gait, and overall movement/function. Telehealth sessions empower you to be a more active participant in your healing/wellness journey.

What will a physical therapy session look like?

If you are a new patient, we'll start with basic Q&A for your past and current medical and surgical history, your current symptoms/complaints/difficulties, and any interventions or strategies you have used in the past to manage your situation. We'll also talk about pain and your nervous system and how they are related. We may also talk about past traumas or stressors as they can significantly impact your well-being. Then I will assess your posture, whether it is in standing, sitting, or laying down, and I watch you perform movements/functional activities to assess the quality. Once I've performed the assessment, I will provide verbal and/or visual feedback regarding what I observed. From there, I will determine what interventions are best for you and educate you accordingly.

If you are a returning patient, we will discuss how you have been since we last communicated and determine if there have been any changes. Based on this discussion, I will educate you on interventions that are best for you.

How many sessions will I need?

There is no hard and fast number. Every body is different. You can anticipate at least 2 sessions so that we can follow-up adequately.

Why should I pay the same price for hands-off service?

I believe that telehealth may actually be worth more than hands-on service. I will be giving you tips, tricks, tools, on how you can be the most proactive in your healing/wellness journey. I am empowering you to take charge of your health! While it feels great to receive manual therapy, the best outcomes occur when you play an active part in your healing/wellness journey. I will still be available for hands-on sessions when the time is right.