



VIRTUAL VITALITY!

Telehealth Physical Therapy

What is telehealth?

Telehealth, or a virtual therapy session, is the delivery of rehabilitation services over video using the internet. Here at Vitality, we use the platform Google Meet, which is HIPPA compliant.

How does it work?

Your session will be similar to an in-clinic visit. Your therapist will be able to resume and progress your treatment incorporating education and exercise within your telehealth session.

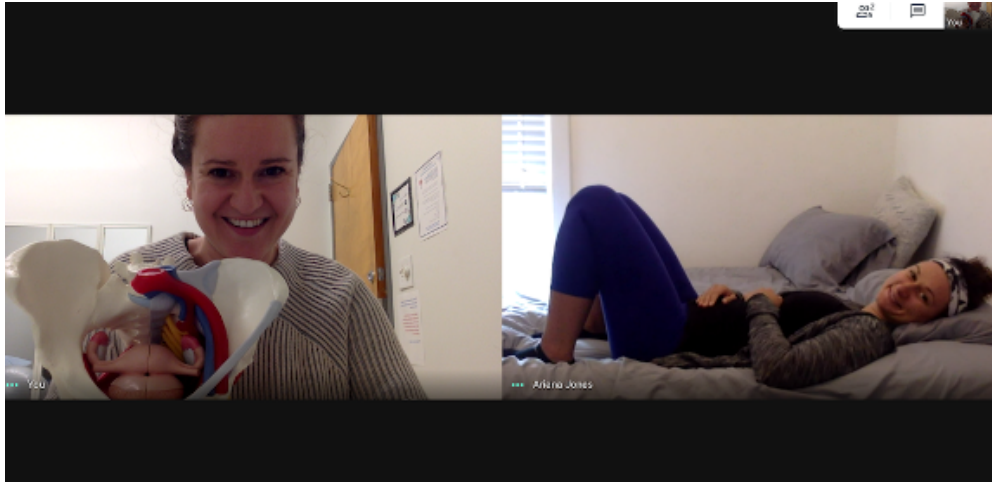
Which patients benefit from virtual treatment sessions?

Every patient could benefit from at least one virtual visit. Some patients have been incredibly successful completing the majority or entirety of their PT course of care through telehealth. Telehealth is especially beneficial for postpartum women, any immunocompromised patients or those with high-risk family members, patients who would benefit from 2-3 sessions per week but cannot make it into the clinic that often, and those who need to work on pelvic floor muscle strengthening. Telehealth allows us to continue your physical therapy plan of care if either you or your therapist need to quarantine or if Illinois reinstates COVID-19 restrictions.

Is telehealth really as beneficial as "in-clinic" treatment?

No hands, no problem! Using this virtual platform, we will have the same opportunity to discuss your symptoms and plan of care as you would in the clinic, progress your home exercise program, teach you strategies for self-management, show you new exercises, help you troubleshoot any new symptoms or changes you are experiencing, and even assess if you are doing exercises properly, just as we would during an in-person PT appointment!

What does a virtual session look like?



Here are a few ways telehealth improves upon an in-clinic session:

- Your therapist will be able to assess your ACTUAL environment and see how you work, play, care for yourself and others, and live your life. Examples of areas of assessment:
 - office or home workstation
 - childcare strategies, including review of feeding postures in the actual chair/bed that you feed your baby in, and lifting mechanics from your crib, changing table, and highchair
 - analysis of your exercise space and equipment to promote better exercise in your home
- You will save the commute time to an in-person session, missing less work or time with your family.
- If you have young children, you don't have to find childcare or drag them into an appointment. Several patients with infants have timed PT appointments according to nap time.
- Patients experiencing acute pain and difficulty with mobility can benefit from more frequent, shorter telehealth sessions to assist in their care.

To learn more: www.vitalitywomenspt.com/telehealth