

Accessing rehabilitation with telehealth



When to use telehealth

Physiotherapists are using telehealth to support patients and treat a wide range of conditions during the COVID-19 pandemic, including:



What to consider before your telehealth appointment



Are you going to use a computer, laptop, tablet or other mobile device?

Do you have a strong and reliable internet connection?

Make sure your microphone, speakers/ headphones, webcam are working

Don't have a good internet connection? You can use your landline telephone

Would you like a family member or friend to be with some exercises you for the consultation?

You may be asked to move around or do so plan what you are going to wear

Make a list of the questions you want to ask

Prepare for your appointment as if it were a face to face meeting and make sure you have your physiotherapist's telephone number in case there are technical difficulties

Telehealth can be as effective as conventional methods of healthcare delivery to improve physical function and pain for a range of musculoskeletal conditions

