

## Performance PT is Now Offering Telehealth Physical Therapy

Performance Physical Therapy (PPT) has remained open during this pandemic and we are using current CDC guidelines to keep our patients and staff safe. We also understand that some of you may prefer to remain home during these uncertain times. We are now offering Telehealth Physical Therapy, which will allow us to address your physical therapy needs while you limit your interactions outside of your home.



### What is Telehealth Physical Therapy?

Telehealth physical therapy is virtual one-on-one treatment with a Physical Therapist using real time videoconferencing through a secure internet platform allowing you to remain in the comfort of your own home.



### What is needed to start a Telehealth Session?

PPT is using the Doxy.me website to perform Telehealth sessions. This website is accessible with a cell phone, tablet or computer and is free to use. You only need a device that is internet enabled and has a camera.



### Will my personal information be secure?

The videoconferencing website is HIPPA compliant which means your personal information cannot be accessed by outside sources and will be kept confidential.



### What can I expect during my session?

You will be sent some forms to fill out prior to your session which will be reviewed by your physical therapist prior to your session. During your appointment your therapist will ask you a number of questions and will have you perform several movements to assess your function and any current limitations. You and your PT will then develop an exercise program to help address your needs. Exercises will be demonstrated, and written instructions will be given so you are comfortable and confident in your personalized home program. You and your PT can discuss frequency and scheduling of follow up visits to best suit your schedule and needs.



### Is Telehealth Covered by Insurance?

Most insurances are covering Telehealth Physical Therapy visits, and this is changing on a daily basis as more insurers adjust their policies to better meet the needs of their patients. Please call our office for the most up to date information and to answer questions about your personal insurance coverage.