

ONLINE PHYSIO CONSULT

Preparing for your TeleHealth Consult

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TeleHealth Online Physio Consultations are a fantastic and effective way allowing us to look after you from the comfort of your home. Below is a few tips to ensure you get the most out of your appointment.

Zoom - Video Conferencing

We will email you a zoom meeting invitation link and password. You will be able to save this to your calendar and then click on it 5 minutes before your appointment time. At your appointment time your Physio will join the meeting and you are good to go.



What to expect

Even though your appointment will be in front of a computer or tablet, it will be a very active session. Your Physio will most likely teach you some self-relief or pain relieving techniques, and prescribe and review your exercises.

You will need:

- A quiet space with minimal distractions
- Some floor space to be able to do your exercises and self treatment techniques
- Flexible camera angles with a laptop or tablet
- Be in comfortable clothes that allows movement
- Home exercise equipment (Bands, weights, foam roller, trigger point ball.)



Personalised exercises on your phone or tablet

We will be using a great program called **PhysiApp** to prescribe and review your exercises. Head to your App Store and download the latest version.

