



American Physical Therapy Association

TELEHEALTH IN ACTION: PHYSICAL THERAPISTS SHARE THEIR STORIES



TESTIMONIAL #1

“I manage a nationwide network of PTs who provide physical therapy solely through telehealth. Our therapists use telehealth to treat patients with orthopedic conditions, such as those involving knees and backs.

The possibilities of telehealth are endless. We hope to treat patients with Alzheimer disease, Parkinson disease, and women’s pelvic health conditions. Telehealth helps us to move our practice forward.”

—PT in Massachusetts

TESTIMONIAL #2

“I am a PT who travels with my clients, who are performing artists and their crews. My clients have very physically demanding jobs, and logistically it’s often hard for them to see PTs on the road.

Telehealth is great as a complimentary service. Our clients can go to a local PT for a hands-on approach, but often just need the home exercise programs that our company and PTs can provide.”

—PT in Illinois

TESTIMONIAL #3

“I use telehealth to assist patients with balance and dizziness issues who don’t need a hands-on approach.

With telehealth, I can see patients in rural areas who otherwise would have trouble getting to a clinic. We like to see patients first at the clinic for an initial evaluation and then triage them to telehealth accordingly. During a telehealth session, I will talk my patient through a procedure, and assess her ability to replicate it.”

—PT in Colorado

TESTIMONIAL #4

“In 2016, I opened my own private PT telehealth practice, focusing on women’s pelvic health, pregnancy, and post-partum cases.

Many of my patients love telehealth, as it allows them to check in with me more easily. I can refer anyone that needs hands on treatment.”

—PT in California

TESTIMONIAL #5

“I opened my own hybrid in-person clinic and telehealth practice 5 years ago.

My practice focuses on women’s health, and I treat pregnant and post-partum patients, as well as women with incontinence and prolapse. With women’s health, there are some cases that involve chronic conditions and multiple systems that should best be examined in person. However, many cases, especially those involving bed rest, simple exercises, or education are ideal for telehealth.”

Telehealth is a convenient way to check in with my patients. In the rural area where I practice, we are the only PTs within a 2- to 3-hour drive. With telehealth, patients can meet with us in the comfort of their own home, without needing to travel and take an entire day off work. Neither clinician nor patient are confined to a 9-to-5 schedule for appointments. It’s a win-win.”

—PT in Georgia

TESTIMONIAL #6

“I work in the Veterans Affairs health system. I’ve opted for a hybrid in-clinic/telehealth model, where I usually conduct the initial visit in clinic, and then continue treating my patients via telehealth where appropriate, based on the needs of the patient.

I focus mostly on the needs of older adults, including fall prevention and incontinence. We also treat multiple sclerosis patients, who are optimal telehealth candidates. I find that musculoskeletal, orthopedics, pain management, and cardiovascular rehab patients can be great candidates for telehealth, as well. Telehealth is great format for patient education classes on topics like how to manage chronic back pain, as well as exercise classes like yoga and tai chi. In the future, I hope to expand my use of telehealth to stroke cases and group exercise.

But most important, telehealth exponentially increases access of care. For example, I normally need 1-2 months to get patients to meet a provider that does mobility wheelchair assessments, but with telehealth this visit can be scheduled in 1-2 weeks.”

—PT in Washington State