

REMOTE PHYSIOTHERAPY

Patient guide

TO ENSURE SMOOTH RUNNING OF A REMOTE CONSULTATION

SOFTWARE

All options such as: Zoom, Skype, What's App, Facetime etc can be used. Zoom and Skype are preferred due to their quality, reliability and features such as screen sharing.

HARDWARE

A laptop or independent webcam provide the best experience. They are stable and can be angled to different view points easily.

Smartphones and tablets can be used but may limit viewing angles.

ENVIRONMENT

Try and choose a room with good lighting, good wifi and the level of privacy you require.

If you have a training area this would be ideal. Consults often involve physical tests and exercise practise.

CONFIDENTIALITY

Only software complying with GDPR is used. No photo's or video will be taken without your express permission.

Confidentiality is the same as with a face to face consultation. No one will be able to see or overhear our consultation.

PRACTICALITIES

- Dress appropriately e.g. shorts for a knee issue, vest for a shoulder issue
- I will host/arrange meetings
- If connection is lost i will re-contact you
- An assessment takes 45 mins to 1 hour
- A follow up takes roughly half an hour