



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



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