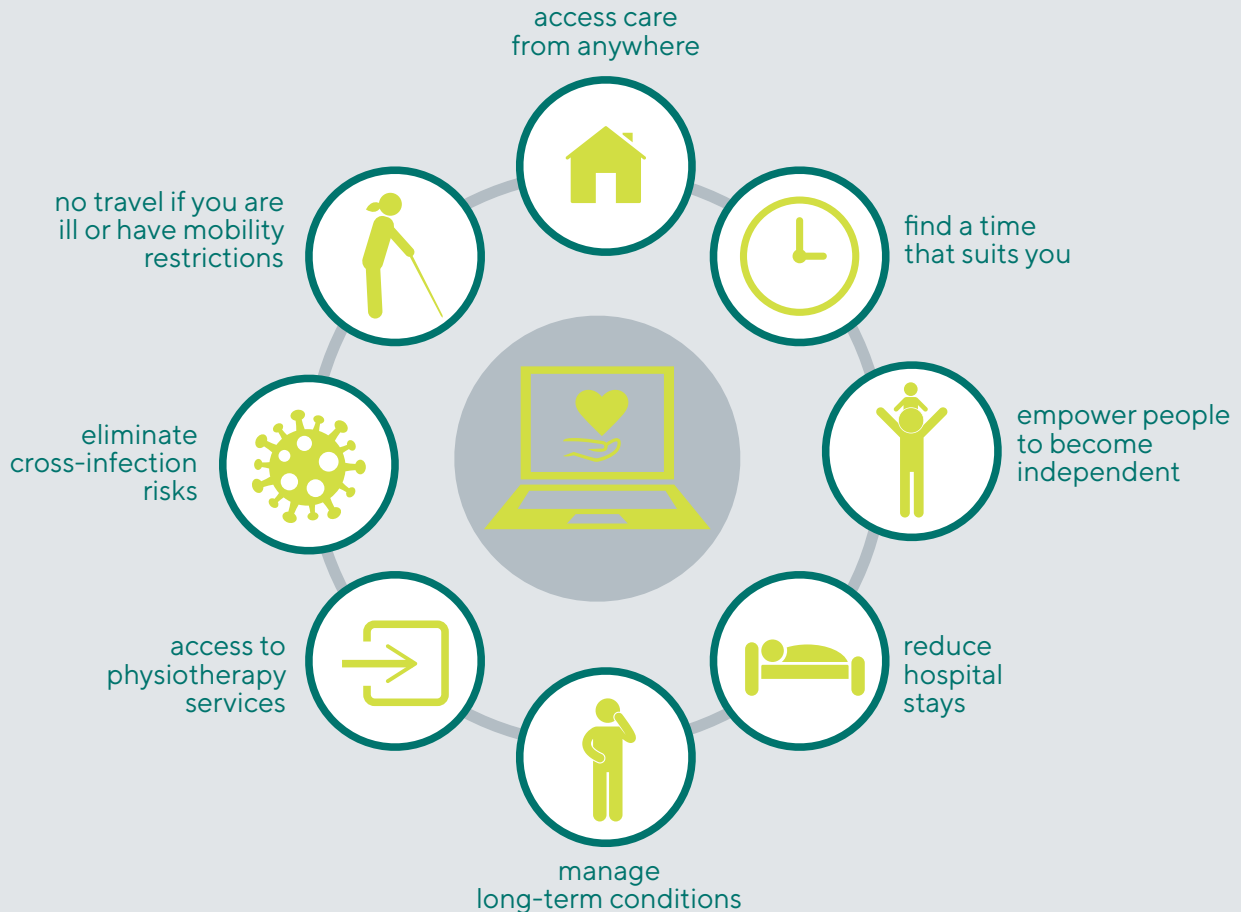




# Accessing rehabilitation with telehealth

## Benefits of using telehealth for rehabilitation



### What is telehealth?

Telehealth or eHealth is the use of electronic communications to share medical information to improve a person's health.

### Why use telehealth?

COVID-19 has affected face to face time between healthcare professionals, including physiotherapists, and patients. Telehealth means you can access physiotherapy services from your own home.

As movement experts, physiotherapists can play an important role in the COVID-19 pandemic and help people who are at risk of functional decline during periods of social distancing and quarantine



# 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

## Information sources for fact sheets and further reading:

### Benefits of using telehealth for rehabilitation.

[Introduction to telehealth](#). Physiopedia

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[Introduction to telehealth](#). Physiopedia

### Why use telehealth? COVID-19 has affected face to face time between healthcare professionals, including physiotherapists, and patients. Telehealth means you can access physiotherapy services from your own home.

[New to physiotherapy and telehealth?](#) Irish Society of Chartered Physiotherapy

### As movement experts, physiotherapists can play an important role in the COVID-19 pandemic and help people who are at risk of functional decline during periods of social distancing and quarantine.

Middleton, A, Simpson, KN, Bettger, JP & Bowden, MG. [COVID-19 Pandemic and Beyond: Considerations and Costs of Telehealth Exercise Programs for Older Adults With Functional Impairments Living at Home—Lessons Learned from a Pilot Case Study](#) *Physical Therapy*, pzaa089, 5 May 2020.

### Physiotherapists are using telehealth to support patients and treat a wide range of conditions during the COVID-19 pandemic,

[Telehealth](#). Chartered Society of Physiotherapy

### What to consider before your telehealth appointment.

[COVID-19: video consultations and homeworking](#). British Medical Association (BMA) [New to physiotherapy and telehealth?](#) Irish Society of Chartered Physiotherapy

### Telehealth can be as effective as conventional methods of healthcare delivery to improve physical function and pain for a range of musculoskeletal conditions.

Cottrell MA, Galea OA, O'Leary SP, Hill AJ, Russell TG. [Real-time telerehabilitation for the treatment of musculoskeletal conditions is effective and comparable to standard practice: a systematic review and meta-analysis](#). *Clinical Rehabilitation* 2017 May;31(5):625-638