



## Telerehabilitation



# Telerehabilitation for Injured Workers

## » What Is Telerehabilitation?

Telerehabilitation falls under the umbrella of a field of healthcare known as telemedicine. Telemedicine is the remote delivery of healthcare services over a telecommunications channel, usually a computer or mobile device. Telemedicine clinicians provide health assessments and consultations through a virtual platform in lieu of an in-person visit. Research has shown clinical outcomes to be similar between telemedicine services and in-person clinical services.

Telerehabilitation, or the remote delivery of rehabilitation services, such as physical therapy, over a computer or mobile device, has become a convenient and popular option among injured workers. In years past, injured workers who could not yet resume their professional functions often found it challenging to get to and from multiple appointments. Telerehab uses web-based technologies to lessen this burden by allowing appropriate services to be delivered virtually from your home or workplace.

Using this blended model, injured workers have the opportunity to:

- ▶ Video-conference with a US-based MedRisk physical therapist for one-on-one therapy, exercise and coaching.
- ▶ Access an online library of instructional videos and “store-and-forward” materials to help you learn more about your injury and your path to recovery.
- ▶ Use virtual tools and avatars to help you get the most out of your home exercise program.

*\* This sheet should not be considered medical advice; if you have questions, you should contact your physician or case manager.*



# Telerehabilitation

## » How Do I Know If Telerehab Is Right For Me?

MedRisk helps you to determine if telerehab is the right fit for your unique situation. We work with your in-clinic physical therapist and your adjuster or case manager to carefully review the nature of your injury and your progress as well as any complicating factors. Not all treatment plans will translate well to telerehabilitation, such as those for patients who require special exercise equipment or who have unusual or heavy work demands. In other instances, in-clinic PT sessions can be supplemented with valuable remote offerings including online education and virtual home exercise supervision to create a hybrid treatment plan.

## » What Kind Of Technology Do I Need?

Connecting with MedRisk for a telerehab visit is easy. All you need is a computer or mobile device with internet connectivity.

## » What's In It For Me?

The value of telerehabilitation will vary from patient to patient. Here are a few of the most common reasons patients choose to utilize these services.

### **1. Convenience.**

No getting behind the wheel, fighting traffic or braving the elements. Turn on your computer or mobile device, connect with your clinician and complete your visit from from your home or workplace.

### **2. Fits into your busy lifestyle.**

Between business trips and family obligations, carving out time for trips to the clinic can be difficult. Telerehab appointments eliminate travel time and can be done from anywhere you have an internet connection.

### **3. Easy online scheduling.**

No need to pick up the phone or wait until the office is open to make an appointment. Your authorized visits can easily be scheduled online anytime.

### **4. No distractions.**

It's not unusual for a physical therapist to be supervising more than one patient in the clinic. Telerehab visits are one-on-one between patient and provider for the whole visit so you have your physical therapist's undivided attention.

### **5. Online learning materials.**

Forgot how to do your at-home exercise? Want to learn more about your injury? MedRisk Telerehabilitation Services include an online library stocked with videos and learning materials to support you along the road to recovery.

*\* This sheet should not be considered medical advice; if you have questions, you should contact your physician or case manager.*