



## **'Virtual' Physiotherapy**

- The benefits of an online physiotherapy consultation & treatment plan

In these extenuating circumstances the Chartered Society of Physiotherapy (CSP) endorses a more rapid approach to injury management implementation to minimise risks of exposure to COVID-19 to patients, the public and healthcare staff.

Remote consultations include video consultations (e.g. Skype, Zoom or other commercial products), telephone consultation, email and mobile messaging.

Remote consultations are covered by Chartered Society of Physiotherapy (CSP) Public Liability Insurance (PLI) and should be considered when appropriate

<https://www.csp.org.uk/publications/covid-19-guide-rapid-implementation-remote-consultations>

## **What is virtual physiotherapy?**

Virtual physiotherapy offers an alternative way to get support from a physiotherapist without the need for face-to-face visits, through an online programme and exercises you can complete at home.

## **What does a virtual physiotherapy programme involve?**

After your consultation you'll receive a personalised diagnoses, condition information and a programme of specific exercises designed to relieve your symptoms and restore lost movement.

To help you complete these exercises at home we'll share clear images or videos demonstrating exactly what you need to do.

As required you can book follow-up consultations to check on your progress and answer any questions you may have.

## What conditions can be treated with virtual physiotherapy?

A whole range of illnesses and injuries that limit your body movement can be treated with virtual physiotherapy. These include:

- Back pain: Muscular back pain, disc related back pain, 'slipped disc', sciatica, postural related
- Neck pain: Muscular neck pain, wry neck, Headaches
- Sports injuries, such as golfer's elbow, tennis elbow, runner's knee, shin splints, Achilles' tendinopathy, and many others
- Whiplash associated injuries
- Soft tissue injuries
- Repetitive strain and overuse injuries
- Work related / repetitive strain injuries
- Postural pain and Dysfunction
- Joint problems
- Osteoarthritis
- Rheumatoid Arthritis

## How do you get virtual physiotherapy treatment?

If you have an illness or injury affecting your muscle or joint movement, the first step is to arrange a virtual clinical assessment appointment, which you can do through emailing [info@wholelifephysio.com](mailto:info@wholelifephysio.com) or calling **0203 9076816**.

During the appointment you'll speak to a physiotherapist about your condition and symptoms. We will then confirm whether you can be treated at home through virtual physiotherapy, and if so, we'll proceed and provide a personalised assessment and rehabilitation programme.

If the physiotherapist believes physiotherapy won't help with your condition, they'll refer you to your GP for further treatment.

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