

Telehealth for Physical Therapy Improves Access to Care.

Direct Access Telehealth
Physical Therapy
provides:

 Early Intervention and
overall decreased costs

 Patient/ family
education and self-care
management

 Eliminates barriers

 Improves outcomes
emphasizing evidence
based care



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Benefits of Direct Access and Telehealth



Access

Physical therapists are trained specialist in musculoskeletal injury. Improving the access to care, provides the opportunity to talk to a specialist quickly. This increases earlier intervention and management. Telehealth clinicians are also able to coordinate care when needed.



Early Intervention and decreased costs

Some of the costs savings shown have been:

- Reduced imaging
- Reduced surgical intervention
- Reduced prescription medication

Healthcare costs during an 18-month follow-up period for members who received early vs. delayed physical therapy. Fritz et al., 2012.



Education and Self-Management

Evidence suggest that telehealth empowers patients to take a more active role in their health

- Patients and family members have rapid access to exercise, self-management, home modification and pain management

Smittenaar P, et al. Translating Comprehensive Conservative Care for Chronic Knee Pain Into a Digital Care Pathway: 12-Week and 6-Month Outcomes for the Hinge Health Program. JMIR rehabilitation and assistive technologies.2017;4:e4.



Outcomes

Research demonstrates the same positive effects on physical function, disability, emotional well-being and pain that are present during in clinic outcomes.

Cottrell et al Real-time telerehabilitation for the treatment of musculoskeletal conditions is effective and comparabltto standard practice: a systematic review and meta-analysis. ClinicalRehabilitation. 2017;31:625-638.