



Vitality Physical Therapy_{LLC}

Online with TeleRehab PT

Not Just Crazy Talk

Beyond the research supporting telehealth services for PT, patients have been successfully participating in a “virtual PT office” space for years. We are just promoting it more these days due to the events of COVID-19. This is a fantastic opportunity to think outside the box and explore the benefits as a primary option in many cases. There is **absolutely NO reason why you need to wait** to begin your healing journey. Perfect for postpartum women when time moves so quickly and energy is low.

Not My First Rodeo

A clinically solid picture can be drawn by asking the right questions, truly listening to the responses and triangulating that information with *decades worth of clinical experience*. By partnering with an expert, you eliminate confusion and are fully empowered to target the root cause of your concerns. The results far exceed symptom resolution.

Seriously. Online Pelvic PT?

Naturally not *all* treatments can be applied and not *every* condition is going to be a good fit for TeleRehab PT. Often we include a partner or friend as “hands on” helpers. Office visits are designed to cover any skill gaps and at times recommended in the course of the TeleRehab process. Below is a highlight list of concerns that **have been addressed with success at Vitality PT TeleRehab**.

- Postpartum perineal pain
- Pelvic organ prolapse or “bulging out feeling”
- Incontinence or constipation
- Diastasis rectus abdominis
- Painful intercourse/penetration
- Physical birth preparedness
- Body mechanics with childcare
- Autonomic nervous system calming

No Fancy Equipment Needed!

Any device with a camera and audio will work (laptop, phone, etc.). Prior testing of camera positioning/space to capture movement observation is a good idea. A speedy internet connection is essential as well. Accessible. Easy. Proactive.

Still not sure? Give us a call and let's talk.