



“Telehealth allows me to successfully provide skilled physical therapy intervention remotely.”

-Karissa Serio, PT, DPT

“This is a great way to use technology.”

-Veteran

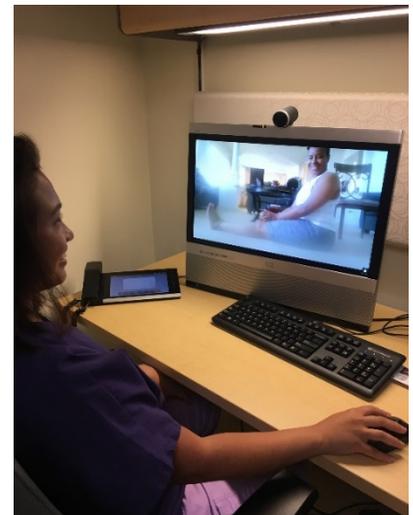
Tele-Physical Therapy

Tele-Physical therapy, improving access and quality of care for Veterans

Tele-Physical therapy provides services with a licensed physical therapist utilizing a video conference interface, allowing evaluations and treatment to be performed in the patient’s home, community, or local Community Based Outpatient Clinic (CBOC). Physical therapists use telehealth as a service delivery model to help Veterans develop functional mobility and greater independence in the various environments in which they live, work and enjoy life.

Tele-Physical Therapy at a Glance:

- Tele-Physical therapy may include evaluation, intervention, or education and training techniques for;
 - Therapeutic exercises/activities
 - Pain management
 - Back school
 - Body positioning/awareness and transitional movements
 - Gait training
 - And more!
- Tele-Physical Therapy helps restore independence and promote optimal physical function to minimize progression of impairments that may result from varying diseases, disorders, and injuries.
- Affords Veterans the opportunity to practice skills learned in the clinic in their home or in their community with the clinician present via telehealth to provide feedback and training.
- Tele-Physical Therapy can be used to enhance a Veteran’s treatment program to incorporate telehealth to home visits, as well as, face to face clinic visits.



For more information on the VA Tele-Physical Therapy services offered at the Richmond VAMC, please contact Jessica Barton, Richmond PM&R TeleRehabilitation Program Manager 804 675 5000 x 3712, Jessica.barton@va.gov