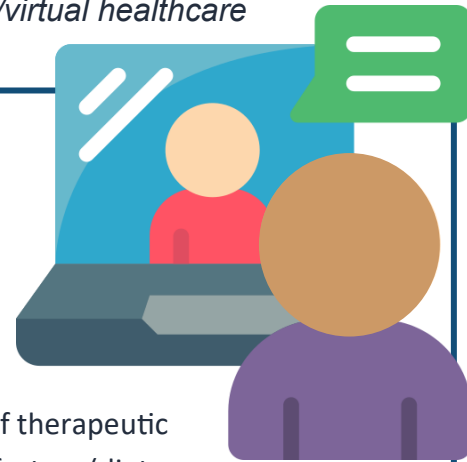


Telehealth/Virtual Healthcare

The following information is for patients participating in telehealth/virtual healthcare

Telehealth/Virtual Care

- Telehealth/virtual care is the use of a computer or mobile device to access healthcare services
- Telehealth/virtual care can be used by chiropractors to deliver healthcare services to patients when geographic, transportation, and physical distancing barriers are an issue
- Even in the absence of hands-on therapy, chiropractors can provide a number of therapeutic strategies to provide care. E.g., exercise, stretching, ergonomic advice, lifestyle factors (diet, sleep, stress management) and education/information to help manage your condition.



Benefits

- Increased safety and save time by eliminating the need to travel
- Increases scheduling flexibility
- Continue to receive high-quality, safe, and evidence-based care

Limitations

- Practitioners will be unable to provide hands-on care during a telehealth/virtual care appointment

What you need

- Private, quiet location with good lighting, space for movement
- Adequate internet quality
- Loose clothing adequate for assessment and movement

Preparing for your appointment

- How would you describe your pain or discomfort on a scale of 0 (no pain) to 10 (worst pain imaginable)?
- Y N Does your pain radiate? (Does your pain travel from one body part to another?)
- Y N Are your symptoms preventing you from completing activities of daily living (e.g., exercise, sleeping)
- Y N Have you recently experienced a fall or accident?
- Y N Have you experienced this pain or discomfort in the past?

Think about your goals and expectations for your appointment and be ready to discuss with your chiropractor