



Precision Physical Therapy & Fitness
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How to Prepare for Telehealth Physical Therapy

Please take the following steps prior to your upcoming telehealth physical therapy appointment in order to ensure your visit is as helpful and productive as possible.

1. Make sure you have a stand alone digital device connected to a camera and a microphone. Your physical therapist should be able to see your whole body move throughout your appointment. Additionally, they will need to be able to hear you, and you will need to be able to hear and see them.
2. Creating a Zoom account and downloading the Zoom application to your device will reduce the amount of time it takes you to log in and start the virtual appointment at the time of your visit. You can create a free account and download Zoom at their website, zoom.us.
3. Complete any paperwork needed, including your Informed Consent of Telehealth Waiver or Focus on Therapeutic Outcomes assessment, online at prefitpt.com prior to your visit.
4. If possible, arrange for someone in your household who you have authorized to hear your protected patient health information to be present during the appointment to help you in case of emergency. Our experienced Doctors of Physical Therapy are specially trained to help ensure your safety whether you are at the clinic or doing a telehealth appointment, however, there are certain risks involved in any movement based program. Having assistance during your telehealth visit is recommended, but not necessary.

We look forward to seeing you soon! Please reach out to our office with any questions or concerns prior to your visit.