

## **TELEREHABILITATION: Q&A**

### **1. WHAT IS TELEREHABILITATION?**

Telerehabilitation enables ONLINE physiotherapy services without leaving home. The telerehabilitation I offer consists of:

- Video-consultations in the form of individual meetings, lasting up to 40 minutes. They allow to determine the problem, goals and therapeutic possibilities as well as control of the course and progress of therapy.
- Interactive / video materials supporting verbal instructions and improving the patient's work at home.
- Text materials summarizing or supplementing the meeting.

### **2. WHAT ARE THE TECHNICAL AND HARDWARE REQUIREMENTS WITH TELEREHABILITATION?**

#### **EMBODIA APP**

One of the key elements of the telerehabilitation I offer is access to the EMBODIA application. I use the app to send you videos and exercise instructions. Video consultations are also held through EMBODIA.

You can use EMBODIA by logging in via a laptop / computer, as well as a tablet or smartphone (the application is available in the Google Play store and Apple Store). You will receive a message with your personal login details to your e-mail address. Access to the application is free for my patients.

#### **VIDEO-CONSULTATION**

You will need a computer / laptop to use the video consultation effectively, with a good internet connection and an efficient microphone and webcam (I do not recommend using a smartphone to participate in video consultations). The indicated web browser is Google Chrome. For better sound quality, put on the headphones.

It's good if you can make some space for the meeting, so if necessary you can make a few movements in front of the monitor. You may need an exercise mat or a bed / couch near the computer. Make sure you have the right conditions to focus and concentrate.

### **3. IN WHAT SITUATIONS CAN I USE TELEREHABILITATION? DOES IT MAKE SENSE IN MY CASE?**

TELEREHAB will primarily benefit patients:

- Which continue the therapy started with me stationary, at my office;
- Willing to prepare for pregnancy and childbirth (advice on physical activity, learning to activate and training the pelvic floor muscles, delivery positions and breathing, instructions for perineal massage);
- Planning to return to activity after childbirth (instruction for scar mobilization after an episiotomy / cesarean section, advice on return to physical activity);
- Interested in prevention of pelvic floor muscle disorders (learning how to activate the pelvic floor structures, training of awareness / coordination / strengthening / relaxing);
- With chronic pelvic pain conditions like endometriosis, vulvodynia and other (learning self-therapy techniques, modifying daily activities, pain control techniques, strategies for painful intercourse);

and:

- With diastasis recti (posture correction, instructions for the activation of deep muscles, selection of corrective and strengthening exercises, instructions on how to use of kinesiotaping);
- With urinary incontinence / pelvic organ prolapse (awareness training and coordination for the pelvic floor, advice on physical activity, modification of toilet habits and daily activities);

### **4. WHAT ARE THE LIMITATIONS RELATED TO THERAPY IN THE FORM OF TELEREHABILITATION?**

Despite its numerous advantages, telerehabilitation is also associated with certain limitations:

- It prevents pelvic floor muscle examination and palpation diagnosis of rectus abdominis. Through telerehabilitation, I will not be able to assess the strength and endurance parameters and muscle tone. Therefore, it is good if you know the results of recent medical examinations (e.g. diagnosis of vulvodynia or pelvic organ prolapse). It will also be difficult to verify the correctness of your pelvic floor or deep abdominal muscles activation. Therefore, we will devote a lot of attention to exercises that increase body awareness, so that you can be confident that you are doing the proposed exercises correctly.
- It hinders some elements related to physiotherapeutic examination of the musculoskeletal system. Hence my request for space in front of the computer monitor. It is possible that I will ask you for a few moves or a specific position.
- It prevents interactions in the form of manual therapy. It is worth bearing in mind, however, that this is only one of the many elements that contributes to the effectiveness of physical therapy.

In my work, I place a great importance patient's activity, supporting the her self-efficacy and making full use of her potential. In relation with with this, I always try to involve you as much as possible in active work and teach you methods and techniques of self-therapy. All this so that you can take control over your problems. If this is not the form of cooperation you expect in contact with a physiotherapist, then the telerehabilitation may not be a satisfactory solution for you.

Video consultation is a fully valuable visit. However looking from a broader point of view, telerehabilitation is not 100% able to replace the entire process of stationary physiotherapy and in many cases may be insufficient. I make every effort to provide you with a solid dose of knowledge and effective tools for independent work, despite the above-mentioned limitations. By taking this form of action, you are taking the first step towards changing your habits and improving your health and well-being.

## **5. IS TELEREHABILITATION SAFE? WILL NOT BE A HARMED BY EXERCISING ALONE?**

I place a great importance to the initial interview. It allows me to identify dangerous symptoms and the so-called red flags, which are a contraindication to physiotherapy techniques or require medical consultation. Then I will give you a detailed instruction. You will also receive clear guidelines on what could possibly worry you and what could indicate an incorrectly performed task. If necessary, we stay in touch - you can always write me an e-mail if you have any doubts.

And most importantly: you yourself will know best what is good and what is not for your body.

In most cases, there is nothing better for our body than exercise and staying active 😊

## **6. DOES THE SERVICE ENSURE APPROPRIATE PROTECTION OF MY PERSONAL DATA AND IMAGE?**

Your personal data and medical history are stored in an appropriate program protected by a regularly updated password. ZOOM (video-conferencing software), which is built into the EMBODIA application, is appropriately modified for the needs of telerehabilitation. It differs from the standard versions of ZOOM or Skype by appropriate encryption certificates (compliant with HIPAA / PIPEDA regulations). For example the do not allow for sending a recording with your image to the cloud.

Are you not sure if the telerehabilitation offered by me is for you?

I am happy to answer your questions: kontakt@malgorzatastarzec.pl