

# PIVOT

PHYSICAL THERAPY

## PIVOT IS NOW OFFERING TELEHEALTH

### Video-Based & Phone Call Clinical Interaction

#### WHAT IS TELEHEALTH?

Telehealth is an innovative treatment option that utilizes different types of technology for you to continue your therapy from the safety and comfort of your home.

#### TELEHEALTH INCLUDES:

- Professional consultation
- Virtual examination
- Therapeutic exercise prescription and progression
- Video examples of exercises
- Pain management techniques
- Self-soft tissue mobilization
- Written instruction
- And more!

Ask your therapist if telehealth is an option for you!

We are here to walk you through each step of the process.

Session Length: 10-40 minutes  
Covered by Insurance

