



Telehealth at Link Physical Therapy



Stay on Track as You Stay at Home!

At Link Physical Therapy, we can continue to offer our patients individualized, face to face care remotely using a secure and confidential (HIPAA compliant) telehealth platform that is very user-friendly.

Telehealth is the use of electronic communication to provide health care information and services remotely. Many studies show that telehealth can be an effective form of treatment that can empower patients and allow providers to offer high quality care, increased access, and higher patient satisfaction of care. (American Physical Therapy Association)

Benefits of Telehealth

- Stay on track and continue progress toward your goals with your individual physical therapy program while at home
- Efficient, effective, safe format – flexible schedules, no need to leave home
- Face to face, live sessions with your physical therapist using a secure, confidential video format.
- Perform your PT program and strategies in your real-life environment, allowing your PT to offer applicable and realistic recommendations and strategies.



What do I need for a Telehealth Session?

All you need is internet access and a device with a camera and microphone. Find a quiet room, preferably with a door to minimize interruptions, with clear floor space for exercise. Wear comfortable clothes and have any exercise equipment ready to use.

Types of Treatments used during Telehealth Sessions

- Instruction and progression of treatment program
- Ergonomic/body mechanics/postural assessment and strategies for daily activities
- Pain management strategies within your home environment
- Pelvic health rehabilitation
- Labor & Delivery positional and preparation strategies
- Individualized pre/postnatal therapeutic exercise prescription
- Childcare/babycare positional strategies
- Review, adjust, and progress the patient's home program.



Fees and Insurance Coverage

There are no additional charges for the patient for use of the telehealth format, compared to the in-person session fees

PT session fees:

30 minutes = \$80 | 60 minutes = \$160

Payment is due at the time of the session and can be paid online or by phone. As a courtesy, we will continue to submit your PT claims to your insurance. Any insurance reimbursement will be issued directly to the patient. Please contact your insurance to inquire about reimbursement for telehealth PT under your plan.

Questions to ask your insurance provider:

- Will services provided by physical therapists be covered when provided via telehealth?
- If so, what codes should be billed, what modifiers are required, and what should the place of service (POS) be?