



+



NEWSLETTER



We are seeing patients in our Los Gatos and Fremont offices!

TELEHEALTH: SERVING PATIENTS IN THESE TROUBLING TIMES

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease.

Because of this, telehealth services are the best possible option for us at this time. By providing care for our patients virtually, as opposed to in person, we are able to keep both our patients and PT providers safe.

For more information on our telehealth services and how they may benefit you, feel free to call us at iMotion Physical Therapy, schedule a telehealth appointment with our website chatbot, OR go to our telehealth appointment page link to schedule your virtual appointment!

What is telehealth?

You may be wondering what exactly telehealth is. Essentially, it is a way for us to make sure that our patients are still receiving the highest possible quality of care they need from a remote location.

Telehealth services can be accessed via your smartphone or computer, and you will be able to perform your PT treatments from the comfort of your own home during this quarantine. You will also be able to track your progress and see how you are improving throughout your treatments – without coming directly to our clinic.

At iMotion Physical Therapy, our telehealth services offer live consultation where you can meet and chat with your physical therapist about your treatment plan.

(continued inside)

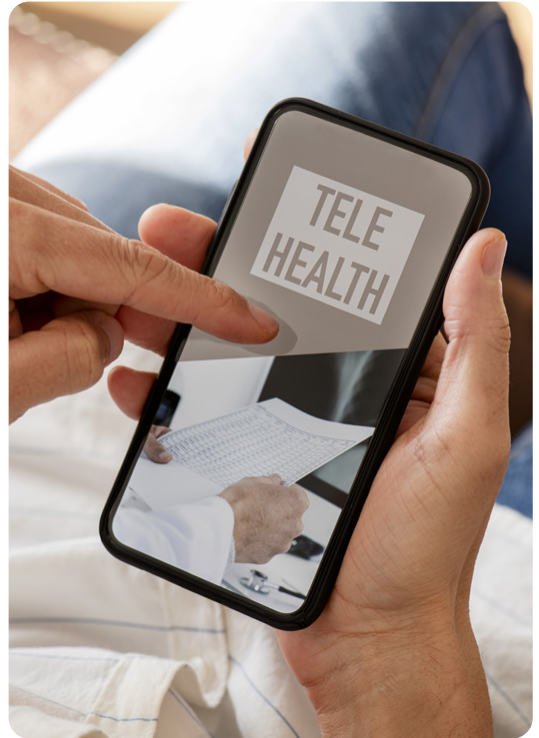
TELEHEALTH: SERVING PATIENTS IN THESE TROUBLING TIMES

At any point you can also message one of our physical therapists to ask questions or get advice about your condition. That being said, there are numerous conditions that can still be treated and improved via telehealth services, including, but not limited to:

- Arthritis pain
- Back pain
- Headaches/migraines
- Post-surgical rehab
- Respiratory issues
- Sports medicine/athletic training
- Fibromyalgia, Parkinson's Disease, and other chronic conditions
- Injury rehab
- And much more

In addition to allowing for the practice of social distancing, as recommended by the Centers for Disease Control and Prevention, telehealth also has other benefits for patients. **As stated by the American Physical Therapy Association, just a few of these include:**

- Patients typically in clinical or hospital settings could be managed from their homes
- Quicker screening, assessment, and referrals can improve care coordination within collaborative delivery models such as accountable care organizations or patient-centered medical homes
- Telehealth can facilitate consultation between providers or in clinical education



Begin telehealth services today

We understand that we are in the midst of stressful times, and that there will likely be more ahead. At iMotion Physical Therapy, we want you to know that we are here for you. We genuinely care about the health of each and every one of our patients, which is why we believe telehealth services are the best course of action for the time being.

Although our clinic will be closing for some time, we still want to be able to serve our patients in the best ways possible. We want you to be able to continue your personalized PT plans, so you do not lose all the progress you've made. If any injury or discomfort occurs during our closure, we want you to be able to receive the care you need.

To learn more about how you can set up our telehealth services on your smartphone or computer, give us a call today.

www.imotionpt.com

PATIENT SPOTLIGHTS



***"THEY ARE A VERY FRIENDLY
AND HELPFUL STAFF."***

"I was referred by my doctor to address sciatica concerns. They are a very friendly and helpful staff. Dr. Pratik is very professional and attentive. They are open on Saturdays, which is also wonderful. Kudos!" - **J.R.**

www.imotionpt.com



+



WE ARE OPEN!

YOUR HEALTH AND SAFETY COME FIRST!

We politely ask that all of our patients wear masks upon arrival for any in-person appointments, as well as maintaining appropriate distance from others. If you have been actively ill with a fever, persistent cough, or acute shortness of breath in the past 48 hours, please do not attend physical therapy. We will happily work with you to reschedule or you may take advantage of our telehealth options.

Fremont: 510-745-7700

Los Gatos: 408-637-4777

San Jose: 408-275-1500


EXERCISE ESSENTIALS

HAMSTRING STRETCH

Helps to relieve your leg pain

Stand with one leg on a medium sized stool as shown. Keeping your back straight, slowly lean forwards from the hips. Hold for 3-5 seconds and repeat 5 times.



 SimpleSet Pro
www.simpleset.net

AQUATIC THERAPY

WHAT ARE THE BENEFITS OF AQUATIC THERAPY?

Aside from alleviating pain and speeding recovery, aquatic therapy has a number of other benefits, as well, including:



of the water allows patients to maximize each and every movement in a nearly pain-free environment. This also gives patients a great aerobic workout.

Begin Recovery Sooner:

Aquatic therapy allows patients to begin therapy sooner than land-based therapy allows.

Less Joint Stress: Aquatic therapy allows for walking, running, and various movement activities without full weight-bearing.

Maximize Movement: The resistance

Hydrostatic Pressure: The hydrostatic pressure of the water allows for decreasing edema in the extremities.

Relaxation: Aquatic therapy decreases muscle tension and allows for a better relaxation response. And so much more!

www.imotionpt.com

HAS YOUR PAIN RETURNED?



1. Feel free to call us and ask to speak to your physical therapist.



2. Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call Today! 510-745-7700



**GIVE THE
GIFT OF
HEALTH**

**DO YOU HAVE FRIENDS
OR FAMILY UNABLE TO DO
THE FOLLOWING:**

**REFERRAL HOTLINE
510-745-7700**

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle



+

