



InFocus Rehabilitation Centre

Virtual Physiotherapy Services

Quick Guide for Patients

What is Virtual Physiotherapy Care?

A virtual visit is similar to FaceTime or Skype but we use special software to ensure privacy and provide tools for care.

We will be able to educate you, provide exercises and handouts and monitor your progress. We can advise on needed equipment and safety.

How will I connect to the call?

At InFocus we will use **EMBODIA** for our virtual physiotherapy visits. Your physiotherapist will send you an email that has key details for the visit including your appointment time and a LINK that you will click on to enter the visit.

What device should I use?

If you are doing a video session a laptop/desktop computer with a microphone and a webcam will give you the best results. A tablet or phone will work as well and you can discuss options with your physiotherapists after the first visit.

What if I can't connect?

If you are having difficulty connecting to your session, call your therapist. They will provide you with a contact number prior to your first session.

Other tips:

- Use headphones if you have them
- Give yourself space, we will be giving you exercises
- Have a family member present if able to assist and listen to instructions