

Services

Telehealth



Telehealth is a convenient and effective option, especially when I cannot treat you in person. We discuss the area of concern, then I observe your alignment and several functional movements to help in making an assessment of the dysfunction. Based on this, a program is devised which could include point specific self-massage areas, movement correction, self-taping, if the area is accessible, and a therapeutic exercise plan. Our live video appointment tool makes it super easy and convenient for you to get in touch with me without leaving the comfort of home. The “online” treatment takes place via our secure medical video conferencing format. On your end, it feels similar to using Facetime, Facebook Video Messenger or Skype.