

What is telehealth physiotherapy?

Telehealth physiotherapy is an online physiotherapy consultation for musicians using live video. The session will typically involve;

- A discussion around the pain/symptom features, any relevant medical conditions, mood and stress levels, sleep and playing/practice habits, upcoming performances.
- A physical examination of your movement patterns, flexibility and strength. I will guide you through this.
- Analysis of the likely contributing factors to your problem
- A treatment and follow up plan

Can I record the session?

No, recording of sessions is not allowed by either party.

What are some tips for getting the most out of telehealth

- Ensure you have a quiet, private space.
- A fast and stable internet connection is essential.
- Have the camera positioned where I can see your whole body.
- Bluetooth/hands free earphones with a microphone are best so you can move around and still be heard.
- Have equipment near you - weights and/or resistance bands near you can help and a chair with legs (not wheels).

How many sessions will I need?

This is variable and depends on:

- How long you've had your problem
- How severe it is
- What factors are contributing to your problem

Basic indication:

Simple problems 2-3 sessions

Medium complexity problems 3-5 sessions
Complex problems: 6+ sessions

Do I need hands-on physiotherapy to get better?

While hands on therapies often form part of a recovery plan during face-to-face sessions, they are not essential. Telehealth sessions are often described by patients as having 90% of the effectiveness of a face-to-face session.

What is the cost of telehealth?

Initial – 45 mins - \$140 AUD
Follow up – 30 mins \$105 AUD

Can you talk with my teacher about my problem?

With your consent, yes. If there is any aspect of the consultation that you specifically do not want divulged, please make this clear.