

INREACH PHYSIO

Online Physiotherapy Services

Seek the Expert Advice of a Physiotherapist using Teleconferencing

InReach is a way of providing high quality Physiotherapy services to people in rural/remote areas, people who prefer not to leave the comfort of their home or people with busy lives that can't waste the time travelling to in-person appointments.

Physiotherapy is a key contributor to the health and mobility of Canadians and with recent improvements in internet and video-conferencing technology, telehealth has become a very viable means of treatment.

Does tele-rehabilitation work?

- Russell T. (2011) showed how tele-rehabilitation produced physical and functional results that were comparable or better than those achieved through face-to-face therapy along with a high level of patient satisfaction following knee replacement surgery. This success was found despite the participants having a very low level of computer skill.
- Cottrell M.A. (2018) found that the diagnostic accuracy of a tele-rehab assessment is not inferior to face-to-face reliability studies when examining the lumbar spine, knee and shoulder. In addition, tele-rehab technology provides an adequate suite of tools to enable most aspects of the Physio assessment to be conducted.

Our Services:



ACUTE INJURY



HEALTHY AGING



**EXERCISE
CONSULTING**