



Walk In Medical Center Rehab

Why Go Elsewhere When You Have It All Under One Roof

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TO OUR VALUED WALK IN MED PATIENTS

To continue to provide care to our patients in pain, our office is currently using Telehealth/Telemedicine services.

What is Telehealth?

Telehealth is World-Class Care in the comfort of your home.

It is almost the same as a regular doctor's visit -- but by video chat.

No download required and it is HIPAA compliant.

Top doctors at the Mayo Clinic rely on Telehealth to care for their patients who are physically unable to come in to see them. This is especially valuable right now during our current social distancing restrictions.

Of course, as your doctor, Telehealth doesn't allow us to use certain manual therapies with you.

However, some of the therapies can easily be done in the safety of your own home. All you need are the right instructions!

What is a Telehealth visit like? It's easy!

Here's what to do:

- **Call us!** We can help you pick a time for your video session that works for you: (516) 341 7706
- **Payment:** No-Fault and Workers' Compensation actually cover Telehealth services. Commercial insurances may cover Telehealth services due to COVID-19, call us and we can verify with your insurance.

- **What you'll need:** Laptop (ideal), tablet or even mobile phone (well charged, or with a charging cord, so you don't run out of battery). A fairly clear room in your home (We'll need to see you perform certain movements, exercises, etc.). Comfortable clothing (we'll be checking your mobility, but nothing strenuous!)
- **What's the visit like?** We'll ask questions about your pain, to help us learn about your current condition. Then we'll see how well you perform certain movements (the exam).
- **Your 'Rehab Homework':** We'll explain each of your home therapies, and you'll try them during our visit, so you know how to perform them. Then we'll email your personalized list of exercises, stretches, etc. -- with video clips showing you how to do each one (in case you forget!). During each session you will be provided with new, updated 'homework', as you improve.

If you're in pain and need assistance today – Don't hesitate to call us today.