

How Does Virtual Physical Therapy Work?

Physical therapy (PT) is a powerful way to relieve pain, but coming into the clinic isn't always convenient. Busy schedules crop up, unexpected family issues arise, and other obstacles get in the way. **But now—just like you can grocery shop and bank online—you can do physical therapy from the comfort of home, too.**

Virtual visits are easy to do

All you need is a computer or mobile device, such as a phone or tablet, and an internet connection. Your visit will take place through a secure platform that ensures your care is safe and private.

During your visit, your physical therapist will watch how you walk, balance, and move around. Your therapist will test your strength and range of motion, and may also ask you to point to the areas of your body that hurt and have you gently press on them to see if they are tender.

Personalized playlist of exercises

After your evaluation, your physical therapist works with your Care Team to send a personalized Care Plan straight to your Vori Health digital account. You'll receive a customized playlist of exercises to strengthen your body and restore motion so you can start making progress right away.

Your Care Team may also recommend ways to boost your recovery with tips on anti-inflammatory nutrition, sleep health, and more.

Convenient care wherever you are

In addition to getting the same great care available in clinic, members love these benefits:

✓ Convenience

With video visits, you don't have to worry about travel time, childcare, or time off from work. You can easily schedule an appointment during your lunch break or before or after work.

✓ Personalized care

In the clinic, therapists often see multiple patients at one time. Virtual visits allow therapists to spend more 1-on-1 time with you, so they are better able to listen to what matters to you.

✓ Expert guidance when you need it

It can be hard to remember every tip your therapist tells you. Your digital playlist comes with detailed instructions so all you have to do is hit play to start moving with confidence.

✓ 24/7 messaging

Anytime you have a question, it's easy to reach out to your therapist for guidance and support.

It's easy to get started!

[Create a free account](#) and schedule a video visit to put that spring back in your step today.

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