

WHAT IS TELEREHAB?

Telerehab is a subset of telemedicine that focuses on the 2-way, synchronous communication between therapist and patient to deliver rehab services.

Telerehab benefits:

- Treatment is more accessible and can be started earlier
- Patients are more actively involved in their care
- More visibility and accountability in between appointments
- More 1-on-1 care

HOW TO IMPLEMENT TELEREHAB IN YOUR CLINIC:

1 THE PRE-CONSULT

Give patients a call or email letting them know what to expect during their telerehab appointment.

- Confirm date / time
- Review tech requirements
- Answer any questions
- Email link to appointment and ImPACT post-injury test

2 INITIAL EVALUATION

Have patients complete assessments and perform exercises like you would during an in-clinic evaluation.

- Make sure you have a clear view of the patient
- Watch closely for deviations in movement or physical responses that may indicate pain or symptom provocation
- Ask them to explain what pain or symptoms they're experiencing throughout the evaluation
- For concussion patients, have them complete their ImPACT post-injury test remotely

3 TREATMENT

Prescribe patients exercises to do during and in-between appointments.

- Educate the patient on why these exercises were prescribed and what deficits they're addressing
- Demo the exercises and make sure the patient understands
- Observe the patient perform the exercises and correct them as needed
- Instruct them on how often to perform exercises between appointments
- Provide them with a video recording that guides them through the exercises

4 DOCUMENTATION AND COMMUNICATION

Document telerehab appointments the same way you would for in-clinic visits and share this information with other members of the patients' care team via email or phone call.

- Initial evaluation notes
- Treatment notes
- ImPACT clinical reports
- Progress reports

5 GET REIMBURSED

Use the same billing codes for telerehab services you would for in-clinic visits along with specific modifiers that designate it as a telemedicine visit. For specific concussion rehab billing codes, [take this free video-on-demand course](#).