

Patient Education Talking Points

The goal of this guided HEP is to encourage patients to stay accountable to their home exercise regimen as a PT prescribes.



Patients may use a laptop or tablet to perform the program.



Depending on the exercise goals, the program will record video and measure movement so the PT can stay well informed of patient progress when they are not in the clinic.



Like any home exercise program, it is overseen and managed by the physical therapist. It is not meant as a replacement or substitute for the patient's physical therapy plan of care.



Throughout the day the patient can perform their exercises at any time that is convenient for them.

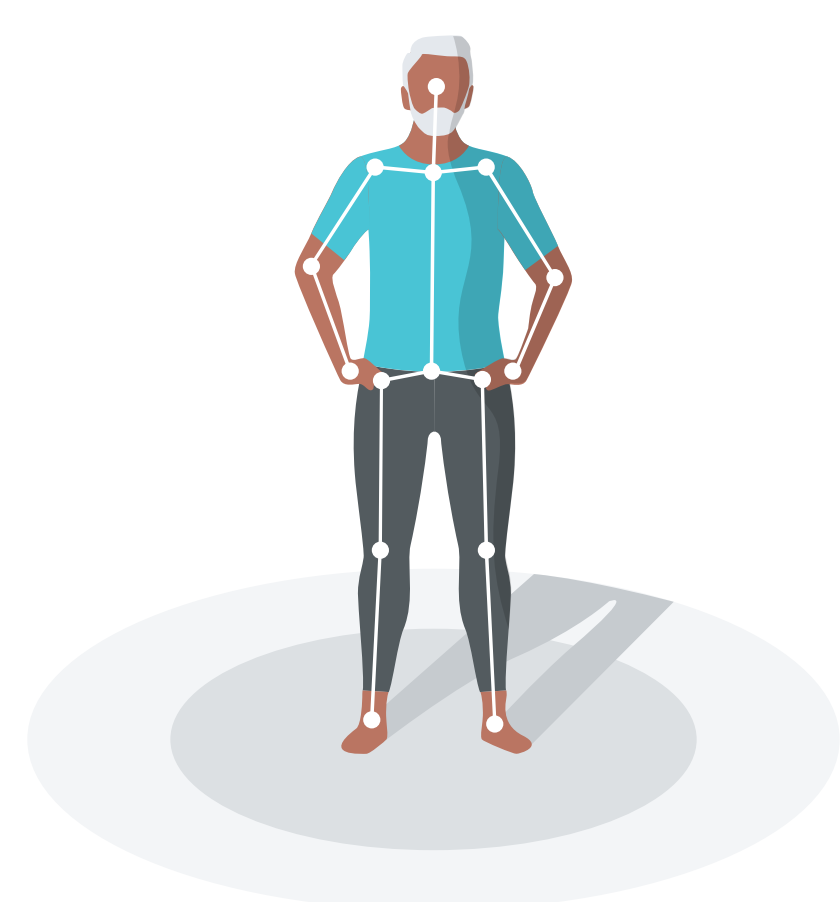


If a patient has not had the opportunity to login during the day, we will send a friendly text message reminder.



During the course of their care, a Physical Therapist or Physical Therapist Assistant will call them to periodically check-in on their progress with their exercises.

The PT can use a variety of features to customize the HEP for the patient's needs including:



Motion tracked exercises



Self-guided instructions



Remote functional tests and surveys

Need assistance?

We're here to help!

Reach out to us directly or visit our help desk for tips and guides.

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