

What is Telehealth Physical Therapy and Health Coaching?



Telehealth simply means connecting through easy-to-use electronic means, like your computer or phone, and receiving evaluation, training, advice, exercise programs etc, just like you would in a physical office.

Telehealth is an exciting new way of receiving physical therapy or other services when attending therapy at a physical office is not possible due to social distancing mandates, busy schedules, personal preferences or physical barriers.

Lilian Holm Wellness Physical Therapy and Health Coaching appointments are conducted over a HIPAA compliant, secure service through my virtual office at [DOXY.ME](https://www.doxy.me)

Connecting with me is as easy as [scheduling](#) your appointment online and clicking on the above link at the time of your appointment.

You can connect through doxy.me on your computer or phone.

Here are the easy steps to your Telehealth appointment:

- Schedule your appointment online ([email](mailto:) me if you need any assistance with this).
- Make sure no-one is using streaming services like Netflix during your appointment time.
- Sign in to my virtual waiting room at doxy.me (<https://doxy.me/lilianholmwellness>).
- Allow the program to have access to your camera and microphone so that we can see and hear one another.
- The best setting is a room where you have some space to move, a free wall behind you and access to any tools that we might want to use such as your foam roll, exercise bands etc.
- Identify a place that you can rest the phone against while you are standing and moving in front of the camera.
- Expect to interact with me just like you would during an appointment in my physical office. I will ask about your symptoms, activities, home exercises etc.
- If this is your first appointment we will start by reviewing your medical history, the nature and history of your current complaint, any tests the you may have and, and go through a postural analysis, testing and exercises and other interventions that may be appropriate.