



Heal better, live better.

March 20th, 2020

Hello!

You expressed an interest in learning more about our Virtual Custom Physical Therapy option so clients can still participate in PT from a distance.

Here's how it works. We will email you a link to a private HIPAA compliant online portal. You will need a computer with a camera and a good internet connection. Once connected we should see each other on the screen. We will call you on your mobile device so we can clearly communicate using the speakerphone function.

My PT treats pain and trains movement. Our goal is to teach you how to heal better so you can live better. So, we will discuss any of your movement concerns, symptoms, diagnosis or injury that you are experiencing. Most importantly, we want to know your goals. What do you want to improve or change about your physical function or quality of life?

We will ask to see your posture and watch you move around. Based on our conversation and movement testing from a distance, we will provide recommendations you can practice on your own. Suggestions might include ways to reduce symptoms, improve movement, improve strength and train posture.

If you or someone you know would like to set up a consultation, please feel free to ask me any questions and pass along this information.

Sincerely,

A handwritten signature in black ink, appearing to read "Tom Naro".

Dr. Tom Naro
Owner, Physical Therapist