

ARIZONA
TELEMEDICINE
PROGRAM



Improving Access to Quality Medical Care Webinar Series

Presented by

The UArizona Health Sciences Genetic
Counseling Graduate Program, the
Southwest Telehealth Resource Center,
& Arizona Telemedicine Program

Welcome

SWTRC region - AZ, UT, CO, NM &
NV

Fellow HRSA Grantees

All other participants from the US
& abroad



The Arizona Telemedicine Program, and Southwest Telehealth Resource Center welcome you to this free webinar series.

The practice & deliver of healthcare is changing, with an emphasis on **improving quality, safety, efficiency, & access to care.**

Telemedicine can help you achieve these goals!

Webinar Tips & Notes

- When you joined the webinar your phone &/ or computer microphone was muted
- Time is reserved at the end for Q&A, please use the **Chat function** to ask questions
- Please fill out the post-webinar survey
- Webinar is being recorded
- Recordings will be posted on the ATP website
 - <http://telemedicine.arizona.edu/webinars/previous>





How Virtual Physical Therapy Can Help Create a Healthier Workforce

Darwin Fogt, MPT



Physical Therapy + Virtual Care is here

Now employees have access to Physical Therapy and Body Health programs anytime ... anywhere.

This is Phzio. The world's most advanced Telerehabilitation platform for Physical Therapists to treat Patients virtually.



Discuss benefits of implementing a **comprehensive digital MSK solution** for employees

Implementation of a **digital employee movement screen** to identify risks, establish baselines

Prehabilitation as a solution to improve surgical outcomes

1

2

3





What is Physical Therapy?

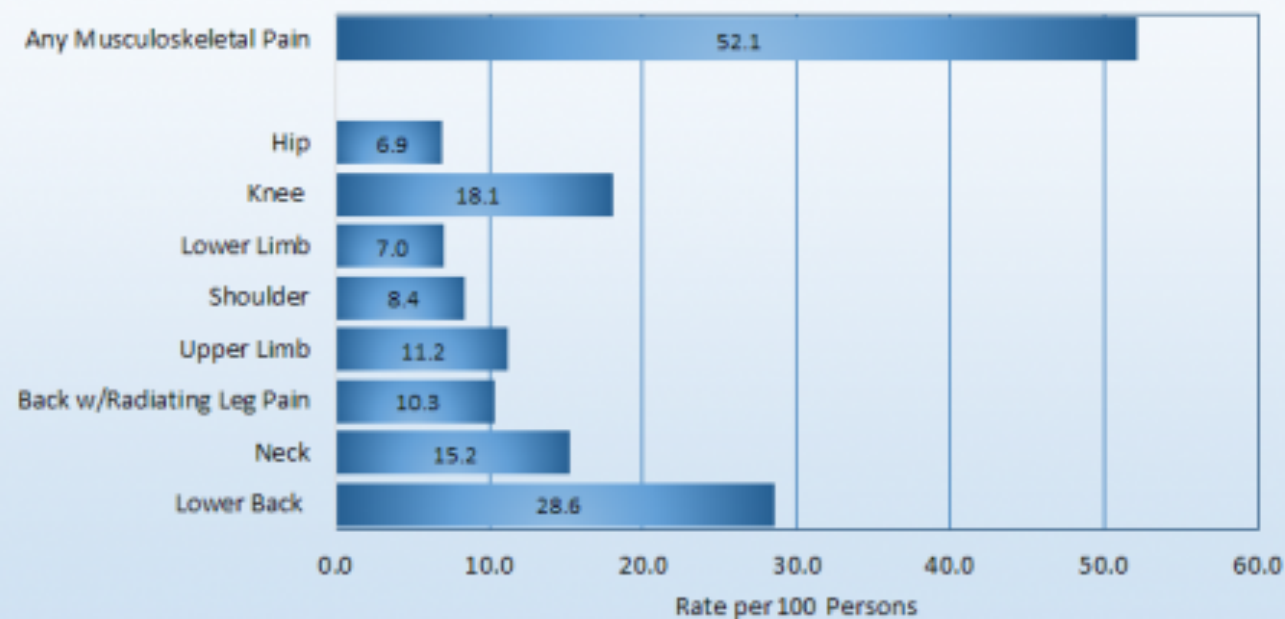
MSK Epidemic

- **126.6 Million Americans affected by MSD (one in two adults)**
- **\$580.9 billion (2011) Medical costs for arthritis and joint care**
- **\$874 billion adding other conditions like diabetes, heart disease and obesity affecting persons with MSD (2015)**

American Academy of Orthopaedic Surgeons. "One in two Americans have a musculoskeletal condition: New report outlines the prevalence, scope, cost and projected growth of musculoskeletal disorders in the U.S.." ScienceDaily. ScienceDaily, 1 March 2016. <www.sciencedaily.com/releases/2016/03/160301114116.htm>

Prevalence of MSK

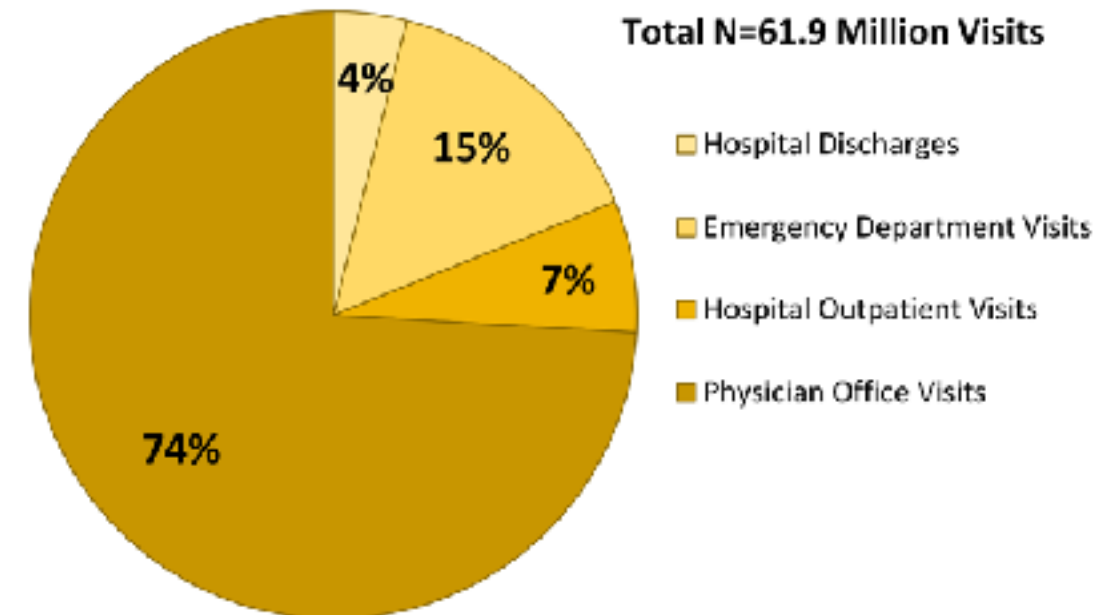
Self-Reported Prevalence of Musculoskeletal Pain in Past Three Months by Site of Pain, United States 2012



Source: National Health Interview Survey (NHIS)_Adult sample, 2012.
www.cdc.gov/nchs/nhis/nhis_2012_data_release.htm, July 2, 2013.

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Total Healthcare Visits for Low Back Pain by Source of Visit, United States 2013



Sources: HCUP National Inpatient Sample (NIS). Healthcare Cost and Utilization Project (HCUP). 2013. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-us.ahrq.gov/nisoverview.jsp; HCUP Nationwide Emergency Department Sample (NEDS). Healthcare Cost and Utilization Project (HCUP). 2013. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-us.ahrq.gov/nedsoverview.jsp; National Ambulatory Medical Care Survey (NAMCS), 2013. www.cdc.gov/nchs/ahcd/ahcd_questionnaires.htm, January 14, 2016; National Hospital Ambulatory Medical Care Survey_Outpatient Department (NHAMCS_OP), 2011. www.cdc.gov/nchs/ahcd/ahcd_questionnaires.htm, May 23, 2016.

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Deliver Access

BREAKDOWN THE BARRIERS FOR PEOPLE TO ACCESS THERAPEUTIC PROGRAMS



Prevention + Rescue

ASSIST PATIENTS TO HEAL IMMEDIATE INJURIES WITH A FOCUS ON BODY HEALTH
AND PREVENTION BASED PROGRAMS

MSK Disorders

Prevention & Rescue for the Workplace

- ▶ MSK Screenings & Consults
- ▶ Educational Program
- ▶ Prevention & Workforce Hardening
- ▶ Early Intervention
- ▶ Reporting



Traditional (Old School) Physical Therapy

Thomas Hinkle

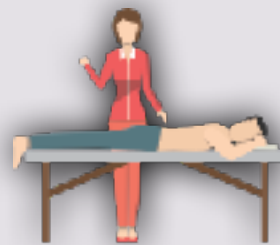
Knee injury



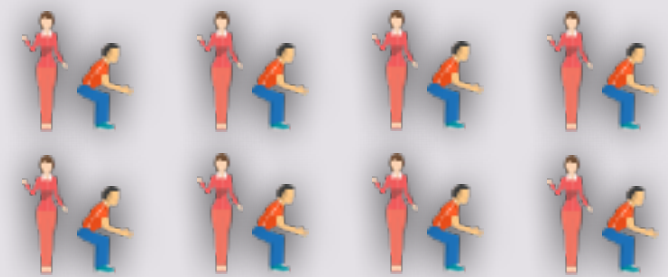
Knee Injury



Imaging



**In-clinic
evaluation**



**in-clinic exercise monitoring
8-12 visits**

TeleRehab (New School) Process



Thomas Hinkle

Knee injury



Thomas books a
telerehab appointment



Evaluation,
Diagnosis
& Plan of Care

30-45 min

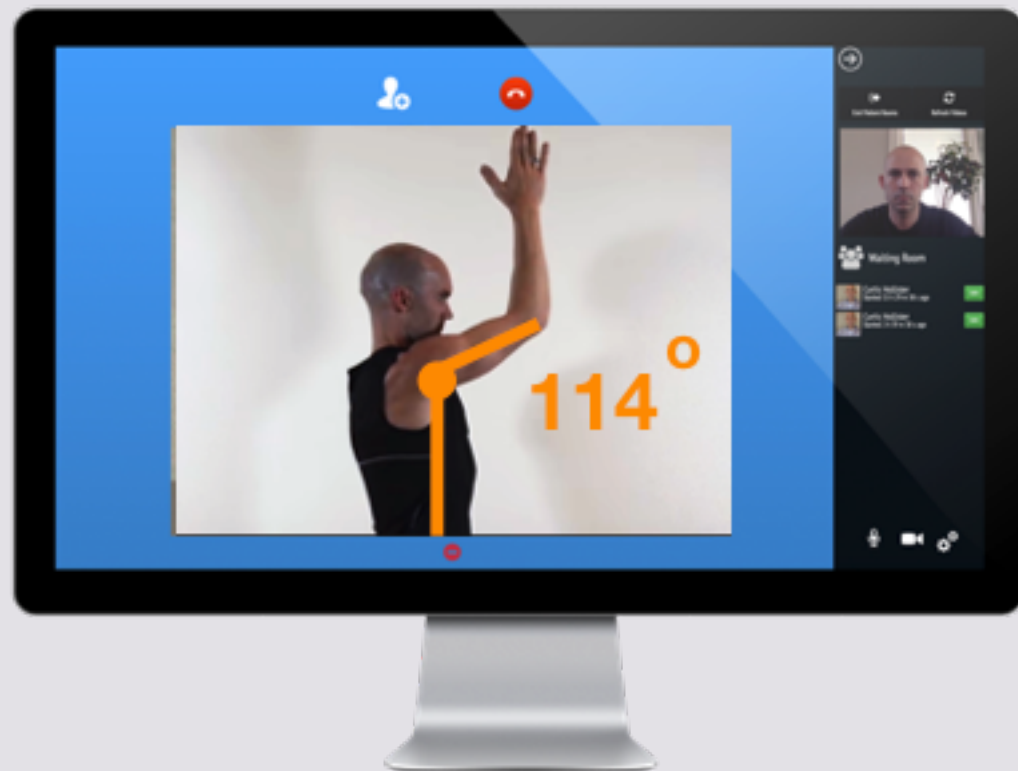


Therapeutic Program
monitored by a
physical therapist

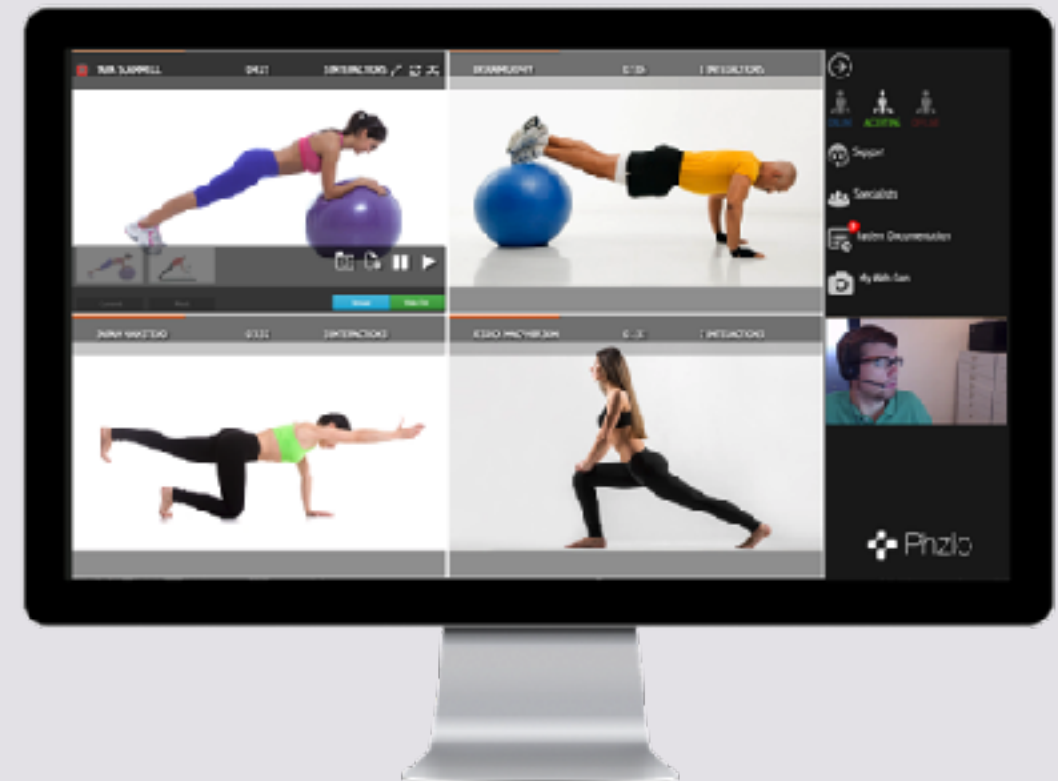


Therapeutic Program
HEP &
one-on-one check-ins

∞



Online Physical Therapy
Evaluation



Realtime monitored
exercise treatments



A new routine to start your day!

[GET STARTED NOW](#)

Book a Provider

Book a virtual care session today.


[BOOK A SESSION](#)

Have a question?

Curious about how we can help? Want to know more about virtual care?

[SEND US A MESSAGE](#)


Breathe



Stretch &
Strengthen



Move & Lift
Education



7 Day
Challenges

Therapeutic Exercise Library

1000+ videos

Therapeutic Activities & Exercises

Neuromuscular Re-education

Educational & Preventive

Lifestyle

Phzio

Search for a patient:

Exercises

Library My Uploads

Body Focus Exercise Type

☒ Shoulder

☐ L/S ☒ Shoulder

☐ Head/Neck ☐ Elbow

☐ C/S ☐ Wrist/Hand

Preview	Fav	Title
	<input checked="" type="checkbox"/>	4-point Arm Lift/Quadruped with arm reach
	<input checked="" type="checkbox"/>	AROM Alternate Shoulder Flexion Sitting on Ball
	<input type="checkbox"/>	High Plank with Shoulder Taps
	<input type="checkbox"/>	AAROM Shoulder Abduction
	<input type="checkbox"/>	AAROM Shoulder Extension
	<input type="checkbox"/>	AAROM Shoulder External Rotation
	<input type="checkbox"/>	Alternating Front & Lateral Raises with Weights
	<input type="checkbox"/>	AROM Alternate Shoulder Flexion Prone on Ball
	<input type="checkbox"/>	AROM Erection
	<input type="checkbox"/>	AROM Shoulder Abduction (Lateral Raises)
	<input type="checkbox"/>	AROM shoulder abduction in standing
	<input type="checkbox"/>	AROM shoulder extension in standing
	<input type="checkbox"/>	AROM Shoulder Flexion (Front Raises)
	<input type="checkbox"/>	Bilateral Shoulder External Rotation
	<input type="checkbox"/>	Bilateral Shoulder Resisted Horizontal Abduction
	<input type="checkbox"/>	Bird Dog (Quadruped opposite arm and leg)
	<input type="checkbox"/>	Bridge with Alternate Shoulder Flexion/Extension

3 m 10 s

3 m 41 s

3 m 10 s

Custom email outreach and campaigns




Pain in the...

Phzio | Physical Therapy Works

Back pain, neck pain or sleep problems?
Talk to a Phzio specialist today.
Now covered by your insurance.

Booking an appointment is easy
visit: phzio.com/herbalife




Trouble Sleeping?

Phzio
Physical Therapy Works

Back pain, neck pain or sleep problems?
Talk to a Phzio specialist today.
Now covered by your insurance.

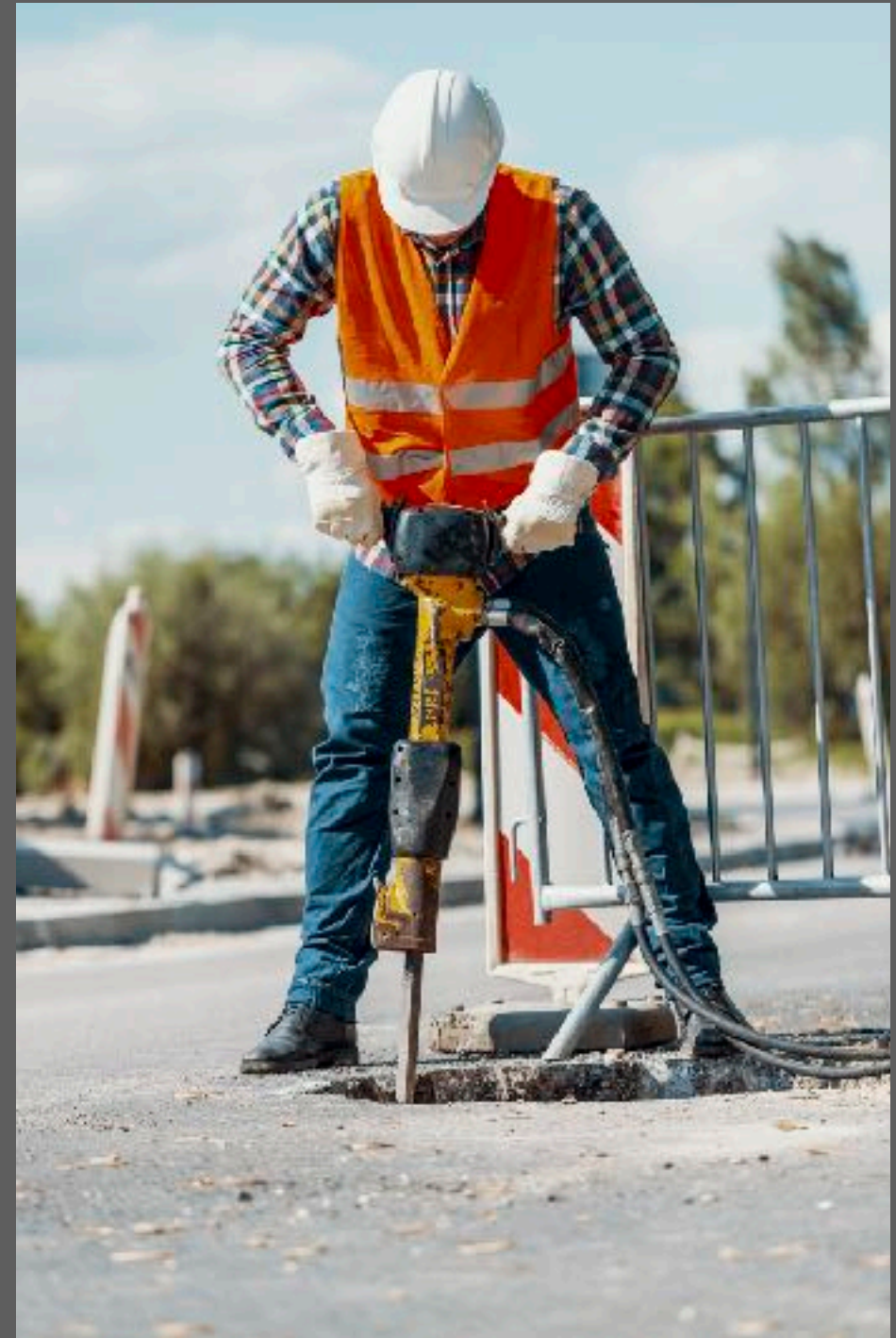
Booking an appointment is easy
visit: phzio.com/herbalife



MSK Screening to establish baselines



Customized MSK screenings





**Designed by licensed
Doctors of Physical Therapy**



THE SUCCESSFUL SURGERY LIFECYCLE



4-8 WEEKS OF PREHAB

Patient follows an online prehab exercise protocol designed by a licensed physical therapist specifically for the surgery type. Upon completion, the patient will be more physically prepared for surgery.



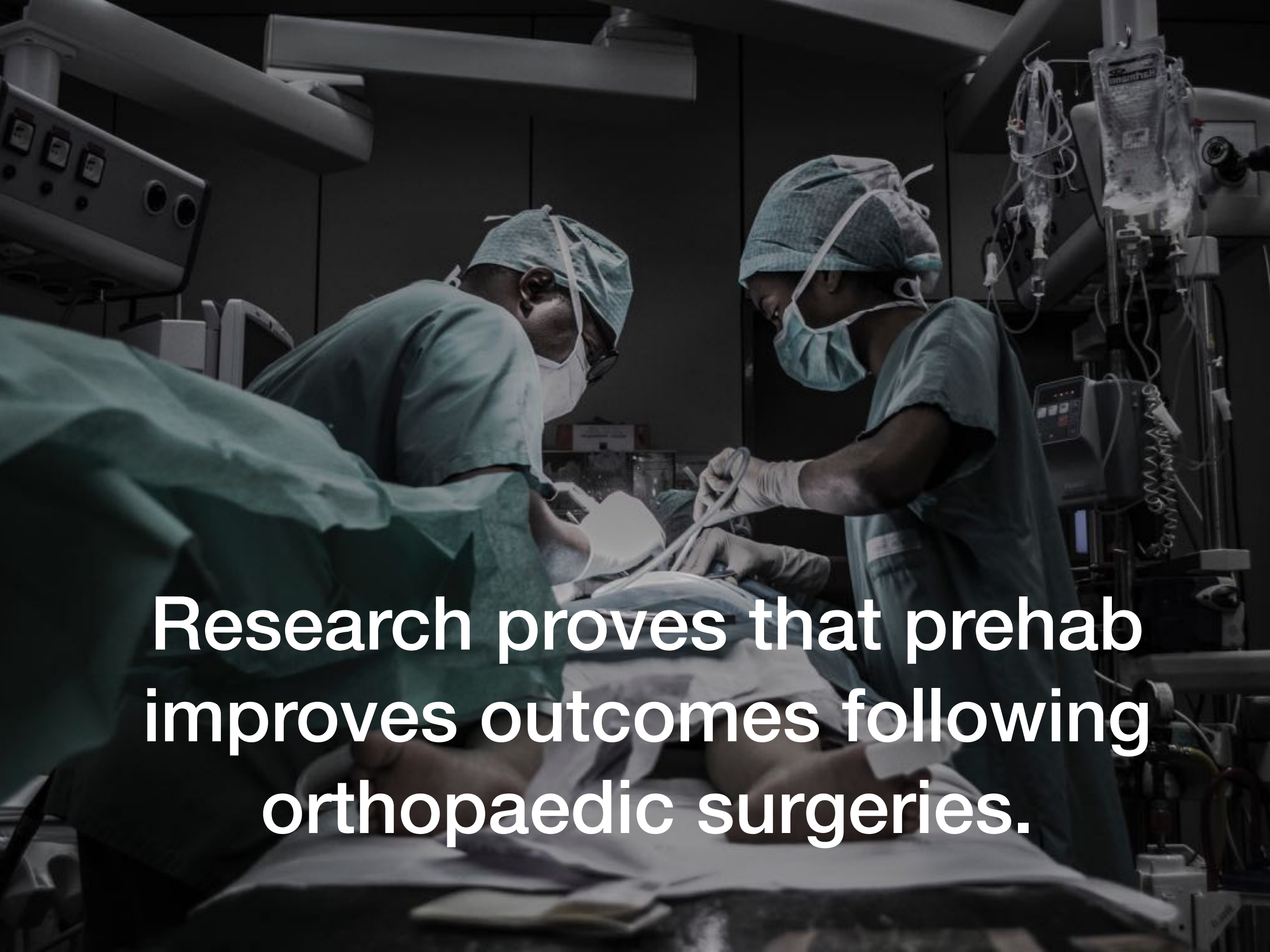
SURGERY PERFORMED

Surgeon performs procedure with patient.



REHABILITATION

Patient has the option of initializing a post-operative physical therapy program within 24-48 hours. Physical therapy sessions are performed exclusively online in real-time with a licensed physical therapist. The patient doesn't have to leave their home to receive one-on-one care and receives care through their phone, tablet or computer.



Research proves that prehab improves outcomes following orthopaedic surgeries.

A person is sitting at a desk, using a laptop. The laptop screen displays a virtual physical therapy session. On the left side of the screen, a video feed shows a female therapist standing in a room, holding a red resistance band. On the right side, there is a list of exercises with small icons and text descriptions. The person's hands are visible on the laptop keyboard. To the left of the laptop, there is a potted plant with green leaves. To the right, there is a notebook and a pen. The entire image has a blue tint.

Virtual care significantly
reduces cost of care.

Thank you for your time.



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Please check our websites for upcoming
webinars
and events

<http://www.telemedicine.arizona>

ARIZONA
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Your opinion is valuable to us.
Please participate in this brief
survey:

[https://www.surveymonkey.com/r/
SWTRCWebinar](https://www.surveymonkey.com/r/SWTRCWebinar)

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