

Elite Physiotherapists Introduce Online Telehealth Consultations

Kinima Physio delivers professional 1-on-1 physiotherapy consultations via a private & secure online video platform. You can access this service from the convenience and comfort of your own home.

Rob O'Mahony, Kinima Physio co-director and senior physiotherapist, announced that he and his co-director, Alina Tran are offering safe, secure, and convenient online consultations in response to the COVID-19 pandemic. Individuals can access the service from the comfort of their own home through a privately encrypted online video platform from multiple types of digital devices.

Telehealth visits have existed for many years and multiple prestigious studies have demonstrated that a telehealth visit can be just as effective as a face-to-face visit for improving injuries, health, and quality of life. Each individual receives a clear diagnosis and management plan that encompasses self-treatment measures and a tailored exercise program that can be performed at home. The movements will be demonstrated and supervised online during the consultation.

Perth physio online provides guidance and support every step of the way for injury recovery. The telehealth visits are eligible for rebates and covered by Australian health funds. Telehealth visits are \$70 AUD for the initial 45 minute consultation and \$60 AUD for 30 minute follow-up consultations. The telehealth visits are available from 7 a.m.-7 p.m. Monday-Friday, 7 a.m.-1 p.m. on Saturday, and Sundays by appointment only.

No one has to suffer in silence with the availability of online telehealth physiotherapy at Kinima Physio. It's an ideal way for individuals to receive safety screens and post-discharge check-ups, preventative and wellness services, and rehabilitation and post-surgical monitoring. It's also effective for mobility assessments and safety evaluations to prevent hospital readmissions.

One of the most prevalent injuries as people are spending more time at home, even with the loosening of restrictions, are neck and shoulder injuries. Individuals are working at less than optimal work stations, exercising from home using unfamiliar equipment, and completing a range of home maintenance tasks to keep busy. Perth shoulder physio can be addressed and administered through telehealth visits and individuals can be referred if appropriate.

Kinima Physio offers individualized management for sports injuries, spinal conditions, injury prevention, and orthopaedic surgical rehabilitation for the entire body. The focus on telehealth physio services online is an innovative way that Kinima Physio is committed to providing a high quality service to the people of Perth and now Australia.

About Kinima Physio At Kinima Physio, we integrate clinical excellence with a unique client experience to create a local health movement that empowers as many people as possible. With 25 years of combined experience in the physiotherapy and health industries, including elite sports and orthopaedics, we offer the latest evidence-based treatment programs to instill clarity and understanding, restore function and confidence, and drive high performance. Connect with us on Instagram and Facebook.

Media Contact Kinima Physio Email: hello@kinimaphysio.com.au Website: www.kinimaphysio.com.au

Contacts

Rob O'Mahony

[mailto: hello@kinimaphysio.com.au](mailto:hello@kinimaphysio.com.au)