

## May 8 - What is Virtual Physio Care

A virtual visit is similar to a Facetime or Skype video call, but the physiotherapist will use specialized software and assessment techniques to accomplish physiotherapy goals.

They can measure your movement online, stream exercises and instruct you to understand how much, how often, and how hard you should do an exercise, educate you on your injury, use specialized digital tools for tracking your progress, and more. You might be surprised by working together just how much you and your physio can do virtually!

# What is Virtual Physio Care?



**FACT**

#PhysioCanHelp

[Click to see the full National Physio Month Calendar](#)



PHYSIOTHERAPY  
ASSOCIATION OF  
BRITISH COLUMBIA