



Tele-physio in Covid-19

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The importance of using virtual physiotherapy services among people. Survey have shown the 30% more use of online physiotherapy sessions among people during pandemic times [1].

As we all are very much aware of the present scenario prevailing all over the globe, people have found a new way of living life with all the necessary activities performed digitally in everyday basis. So, when it comes to taking physiotherapy sessions, it has also become a new norm to ask for expert advice through telephonic or video consultation as well.

Physiotherapy is a field of medicine that requires physical hands on involvement with the client and therapist. But, there are also many techniques that can be done by the client himself by demonstrations and self-help with help of the therapist.

Benefits of Tele-physiotherapy

- It decreases the time consumed for travelling the rehab centre.
- It increases the therapist client one on one consultation time.
- It improves work efficiency for therapists.
- It increases the availability of therapists for clients.
- 24/7 service with follow -up protocol becomes easy for therapists.
- Home quarantine patients can avail Tele consultation easily without moving out of the house.
- It avoids direct contact maintaining social distancing with patients.

- Therapists can arrange series of exercises regimen for the clients according to their requirement.
- It keeps the clients on toes and encourages them to continue the advised home based exercises.
- A healthy work out session together with client can be done on regular basis with less effort for communication purpose.
- It also helps therapists to create innovative and useful physiotherapy protocol that can be performed by the client at home.
- Demonstration becomes easy with one to one consultation.
- Client can avail services whenever required at ease at home.

Tools required for Tele-physiotherapy

- Proper internet connection is the most important tool for accessing tele-physio.
- Therapeutic table can be use by the therapist if he/she has own clinic.
- Yoga mat, Gym ball, Dumb-bells, Weight cuffs can be used for demonstrating the exercises.
- Sufficient amount of space with light background is necessary.
- No noise should interfere while consulting with the client.
- Check your sound quality.
- The client can ask for help from family members if it becomes difficult to follow the therapist.

Types of physiotherapy protocol that can be practised through digital platform-

- Active free exercises for upper limb, lower limb, trunk and pelvis.
- Self-stretch can be performed by the client.
- Ball exercises can be done through only visual demonstration.
- Pilates forms.
- Strengthening exercises with the help of weight cuffs, and dumbbells can be done by the client himself.
- Aerobics, dynamic stretching, dance aerobics, all these can also be practised.
- Regular workout sessions with warm –up and cool down phase can be practised regularly through audio-visual mode.

Diseases that can be treated through Tele-physiotherapy -

- Orthopaedic conditions like knee pain, osteo-arthritis, spondylitis, cervicogenic pain, spinal cord issues.
- Muscular pain.
- Frozen shoulder.
- Back pain.
- Tennis Elbow.
- Neurological cases like nerve entrapment, Disturbed sensory-motor issues.
- Paediatric cases
- Spinal cord injury.

Apart from the above mentioned issues, a physiotherapist can reach out to patients through virtually for assessment, counselling and providing a continuous path for recovery if suffering from covid.

Tele physiotherapy consultation is very much needed for patients recovering from covid and who are staying at home. After recovery from covid people face a lot of breathing difficulty which can be corrected with proper chest physiotherapy interventions.

Chest Physiotherapy through Tele consultation

- Teaching the patient about various breathing exercises.
- Deep breathing, diaphragmatic breathing, pursed lip breathing, huffing and cuffing are some of the common exercises that can be taught to the patient through tele consultation.
- Regular sessions can be taken with the patients to encourage them to follow the exercises without much time consuming in visiting the physio in hospital.

Post covid complications like

- **Weakness:** Many people face post covid weakness in the body which might last upto 6 months for recovery. Hands, legs, muscular dystrophy might occur during the weakness phase.
- **Fatigue:** A little extra effort if done by the covid patients might lead to generalised fatigue all over the body which slows down the activity level in doing the ADL chores.
- **Joints pain:** This is a very common symptom which almost every patient suffers. Mostly hip joint, knee, shoulder joints and upper back are affected.
- **Cough-** If the virus affects the respiratory system, then some patients show cough which starts 3-4 days within covid positive.
- **Chest congestion:** Due to cough and respiratory involvement, chest congestion is symptom seen in patients.
- **Loss of energy:** Many patients find it difficult to even get from bed and do the basic daily activities due to loss of energy as the immune system has been compromised by the virus.
- **Difficulty in breathing:** As the lungs get affected, the respiratory pathway is affected, due to which breathing becomes a huge task for patients. Shortness of breath, difficulty in maintaining the correct position for rest are some symptoms

These all above mentioned symptoms can be treated by tele physio. A regular tele physiotherapy session with breathing techniques followed, resting postures, relaxation techniques, percussion, deep breathing exercises, some stretching and mindfulness manoeuvres can help reduce the symptoms.

For pregnant ladies

Avoiding hospital visits for any fitness sessions, virtual physiotherapy sessions with experts can help them to do all the pre and post delivery fitness classes.

Earlier it was quit unimaginative to perform the physio sessions virtually. But now during this pandemic time, people prefer staying home and getting the physiotherapy interventions at door step.

For geriatric cases

People who are elderly or at higher risk of contacting covid, needs to stay indoors. So, for them tele physiotherapy is a boon. It helps them to stay active and healthy at home by indulging in some group activities performing virtually. It gives them assurance that they are taken care by somebody in need times. They can book a consultation at their own convenience at home and follow all the home based exercises under the guidance of the physio.

Positive impact on mindset of people

- The travelling and transportation time is reduced which in turn gives the patient more time to focus on more important works.
- Group discussion, assessment, freedom of performing the activities on their own pace is achieved through tele consultation.
- Greater consistency is maintained between patient self monitoring, standard of care and outcome.
- Much cost effective in case of service provide.

Bibliography

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