

Remote Therapeutic Monitoring

We know rehabilitation therapy can be a lot to track, remember and do. Remote therapeutic monitoring (RTM) can help.

Features

Exercise instructions:

- See videos and step-by-step directions to help you do your exercises.
- Refer to the instructions any time you need.

Messaging with your therapist:

- Ask questions and tell them if exercises are too hard or easy or painful.
- They will respond within 1 business day.

Logging your exercises:

- This helps track your progress and adjust your care.
- Your therapist can see your feedback and how often you do exercises.

Benefits

RTM features help your therapist adjust your routine between visits. That way it best fits your needs.

For example: If your exercises are easy, your therapist can see from your log and messages that you need different ones to keep making progress. They can assign you more effective exercises in the RTM system.

With RTM, you do not need to wait for your next visit to get the adjustments you need.

How to get started

If RTM is right for you, your therapist will assign you exercises. Then, they will give you a link to set up an account.

Please ask your therapist if you have questions.

RTM costs

We will bill RTM like your other therapy services.

Ask your insurance if they cover these procedure codes:

- 98975
- 98977
- 98978
- 98979
- 98980
- 98981
- 98985
- 98986

Scan this QR code to download the exercise app:

