



## Introducing SportsWebPT Rehab Tool and TeleHealth Service

Hi InMotion Fit,

I wanted to make you all aware of the SportsWebPT's web based rehabilitation tool.

At the [SportsWebPT.com](http://SportsWebPT.com) home page, you will have access to:

SportsWebPT - Accessible Physical Therapy  
Your Recovery Guided, effective, always accessible. Resources organized by professionals for your education. Get Started >>  
Read more...

### **Self-Diagnostic Tool:**

Simply input your current symptoms and our diagnostic tool will give you probable injuries and pertinent information about them.

### **Injury Pages:**

We have created common Injury Information pages including:

- General commentary on the Injury,
- Common Causes and Signs/Symptoms
- Recovery Recommendations,
- Prognosis
- Rehabilitation Plans for that Specific Injury
- Optional Treatments

## **Exercise Plans:**

All exercise plans are designed by physical therapists.

Plans include:

Injury Rehabilitation  
Injury Prevention  
Stretching  
Strengthening  
Core Stabilization  
Range of Motion  
Balance

## **Individual Exercises:**

Similar to the Plans section, but are individual exercises if you are looking for a specific stretch or range of motion exercise.

**All of the injury information, plans, and exercises were created by physical therapists that work with athletes like yourselves everyday.**

## **TeleHealth Service**

If you were not at the clinic two weekends ago, I wanted to make everyone aware that we recently launched our telehealth consulting service. This service is a way for you to get your questions answered about any orthopedic injuries or general aches and pains you may be having without going to the doctor's office or leaving your house. Think physical therapy evaluation and treatment via video-conferencing.

## **Service Includes:**

- Face to Face Video Conferencing Session with Chris Hebler or Rick Willenbring (both Doctors of Physical Therapy with 6 years of clinical experience)
- Personalized exercise plans that you can access via our software
- Answers to follow up questions

**Costs:**

We are charging \$30 for the initial evaluation and \$15 for follow up visits (payment via credit card or paypal).

I wanted to make everyone aware that we are now offering this service. If you are having some aches and pains and have any interest in doing a telehealth consultation with SportsWebPT, please contact me or Rick via text, email, phone, or Facebook.

Thank You Very Much and we hope our tools will help you stay healthy and on the road to attain your goals!!

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