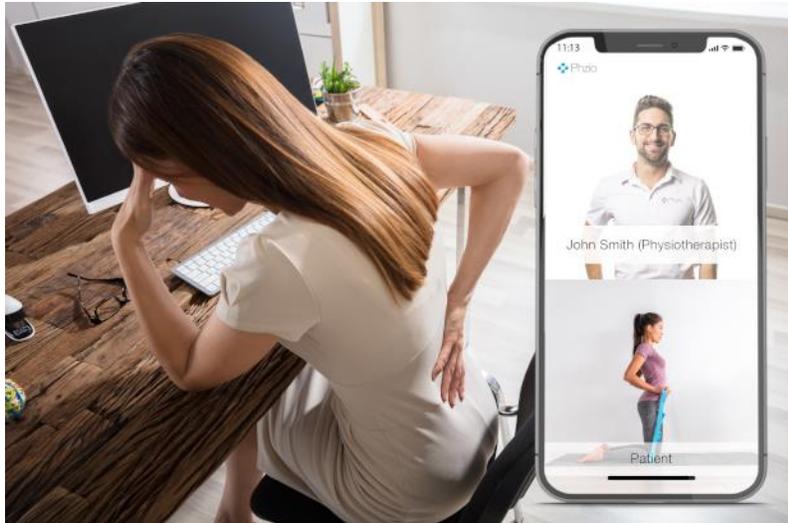


## A physiotherapist, at your fingertips

Virtual health care, or “telehealth”, is the way of the future, and the future is now. OASSIS is pleased to share that we are now offering virtual access to registered physiotherapists with Phzio Canada, in partnership with Green Shield Canada (GSC). Click [here](#) to book!



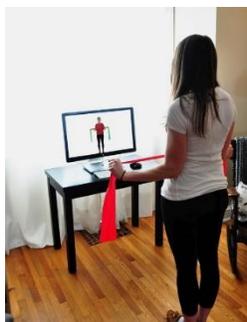
### **Virtual Care Common Conditions:**

- Neck pain
- Shoulder pain
- Tennis and golfer's elbow
- Carpal tunnel syndrome
- Back pain
- Arthritis
- Joint replacements
- Knee pain
- Ankle sprains
- Achilles tendonitis
- Foot pain

## Phzio virtual care

Virtual care is an effective alternative if you require physiotherapy. With the use of your phone, tablet, or computer, you can be assessed by a physiotherapist (PT) through the secure Phzio platform. Just as the ability to be seen by a doctor virtually is rapidly expanding, it is interesting to learn that most physiotherapy-related concerns can be assessed virtually, with major injuries such as fractures being the exception. Research shows that virtual care for musculoskeletal injuries - involving bones, muscles, and joints – is as effective as in-person physiotherapy (1).

## What to Expect



After booking your appointment, a member of the Phzio Provider Success Team will reach out to you and ensure you are session ready. With your consent, your PT will begin by asking questions about your concern. Range of motion pictures, and videos, may be captured to help your PT with their diagnosis. If you have been experiencing shoulder pain, for example, your PT can take pictures of how high you can lift your arm and measure the range of motion. Your PT will then provide you with a home exercise program from a library of over 1,000 exercise videos. You can complete your exercises with your digital device any time, and follow-up with your PT or Physical Therapy Assistant (PTA), until you are discharged.

## Affordable, Convenient Care

Virtual care represents a cost savings of approximately 50% compared to in-person care. Your virtual assessment with a PT costs \$59, and follow-up appointments costs \$39 – an affordable way to effectively, and conveniently, receive quality care. Phzio Canada will direct bill Green Shield Canada (GSC) on your behalf.

Get started today: <http://phzio.com/oassis/>

(1) Cottrell, M.A. et al. (2017). Real-time telerehabilitation for the treatment of musculoskeletal conditions is effective and comparable to standard practice: a systematic review and meta-analysis. Retrieved from <https://journals.sagepub.com/doi/10.1177/0269215516645148>