



**WELCOME TO TELEHEALTH AT PRANA!** We realize everything has been topsy-turvy...and may continue to be that way for a little while. But, we at Prana Functional Manual Therapy would like to keep at least one thing consistent...seeing patients to help you optimize your function without pain, stress and strain.

**WE ARE CURRENTLY OPEN WITH SAFETY PROTOCOLS IN PLACE.** If you prefer to be seen in the clinic, please call the clinic to schedule 717-390-4822. As much as we would love to see each of you face-to-face, **we understand that some of you may still feel more comfortable with Telehealth sessions.**

**For Prana's Telehealth PT sessions:** As physical therapists who treat in a functional manual therapy paradigm, we are committed to identifying and treating mechanical, neuro-muscular and motor control dysfunctions. We can still do most of that through telehealth, despite not being able to use our valuable "hands-on" techniques.

Our goal is to help you continue progressing with your physical therapy.

**Exercise Progressions:** Are you ready to take it to the next level in strength, balance, flexibility, range of motion and stability? Are you interested in what you can do at home, now that the gyms, dance, Pilates and barre studios are closed?

**Postural Training:** As always, we can help instruct efficient standing, sleeping positions, reclined sitting on a couch or your favorite chair. Furthermore, we can educate on methods to arrange a make-shift home office and even how to lift objects w/optimal technique.

**Breathing Techniques:** Breathing well is always important. Now it may be of utmost importance as we need to stretch our lungs and do our best to reduce stress.

**Gait Training:** We can evaluate, give instruction and provide advice about how your joint mechanics are performing while you are walking and running. Additionally, perhaps your footwear is in need of an upgrade. We can advise on footwear that best matches your body's unique needs. We realize you may be running more as that is the most accessible form of exercise at this time.

**Self-Mobilizations:** In some cases it is advantageous to teach a patient self-mobilizations of joints and/or soft tissues. These techniques can help keep a joint moving and release soft-tissues to help prevent movement dysfunctions and compensations. This is especially important for those that are post-operative.

For those of you with evaluations that were set up, but had to be cancelled, you are more than welcome to get started via Telehealth or wait until an in-person visit is available. If you choose to wait, we will be in touch once we return to the office.

**MEDICARE and SOME PRIVATE INSURANCES ARE BEGINNING TO COVER TELEHEALTH SESSIONS. PLEASE CALL YOUR INSURANCE AND/OR CALL OUR FRONT DESK AT PRANA TO INQUIRE ABOUT INSURANCES COVERING TELEHEALTH.**

Medicare e-visits are available in which we can conduct treatment assessment and treatments and bill Medicare. **For those with self-pay rates for Telehealth for all non-Medicare patients,** To make it more affordable, in this state of uncertainty, we are offering different time slots for video Telehealth:

- 20 mins- \$35
- 40 mins- \$65
- 60 mins- \$95

Our preferred telehealth platform is doxy.me. It is easy to use and web-based and HIPAA-compliant. You will receive an email at your designated treatment time inviting you into your therapist's "waiting room." Once you click on the link and enable your camera, the therapist will answer your video call.

**Payment for Telehealth:** Upon scheduling, we will add your health savings account or credit card information to your account in our secure system. You will be billed following each session for self-pay. We will email you a receipt. For those in which insurance is covering, you insurance will be billed. You will be charged for any out-standing costs.

If you have general questions about payment, please email [info@pranapt.com](mailto:info@pranapt.com). We are delighted to be able to offer a telehealth option for our patients at this time! We look forward to eventually seeing you and hope you and everyone in your family is safe and well.

In Health and Compassion,

Your Prana Team