

For many years, surgeons, GPs and physiotherapists alike have been using their skills and expertise to perform innovative work that was thought impossible not so long ago. However, even after all their professional input, it is often left to the patient to perform physiotherapy exercises at home, with the aid of nothing more than a hard-to-follow photocopied sheet of paper. **NOW THERE IS AN ALTERNATIVE!**

A Passport Back to Health - Online

The Video Clinic has produced a catalogue of high-quality video modules, illustrating which physiotherapy exercises should be performed relating to a specific injury, and the frequency with which they should be performed. Additionally, The Video Clinic provides a text service to remind patients when to do the required exercises in order to get back to full health as soon as possible. The Video Clinic has completed the cycle and brought physiotherapy aftercare treatment into the 21st century.

Pre- and post-op physiotherapy

For many people who have undergone hip, knee or shoulder replacement surgery, or who have suffered serious sports-related injuries, the road to recovery can be long and complicated. Pre- and post-operative physiotherapy can be an arduous journey for many, lasting weeks, months or even years. However, the main bone of contention is that to perform even basic exercise regimes patients are, more often than not, given little more than a set of difficult-to-understand photocopied sheets of paper to take home in a bid to get them back to full health as soon as possible. And if the exercises are performed incorrectly or misunderstood, they can, in some cases, cause more harm than good.

The Video Clinic provides easy-to-follow exercises online, developed by recognised physiotherapists and approved by top sports physicians



THE NEW FACE OF PHYSIOTHERAPY: Above, The Video Clinic homepage, and pictured right, Exercise Tracking, designed to enable users to chart their exercise progress.

Paperless environment

With the dawn of the Internet age and email, more and more industry sectors, both public and private, are moving ever closer to a paperless environment and constantly need to adapt to new working practices. Physiotherapy is no ↗

exception to this. The Video Clinic wants what is often seen as a difficult task made as simple as possible. With this in mind, online physiotherapy is not only easier to follow, it is more efficient and more convenient.

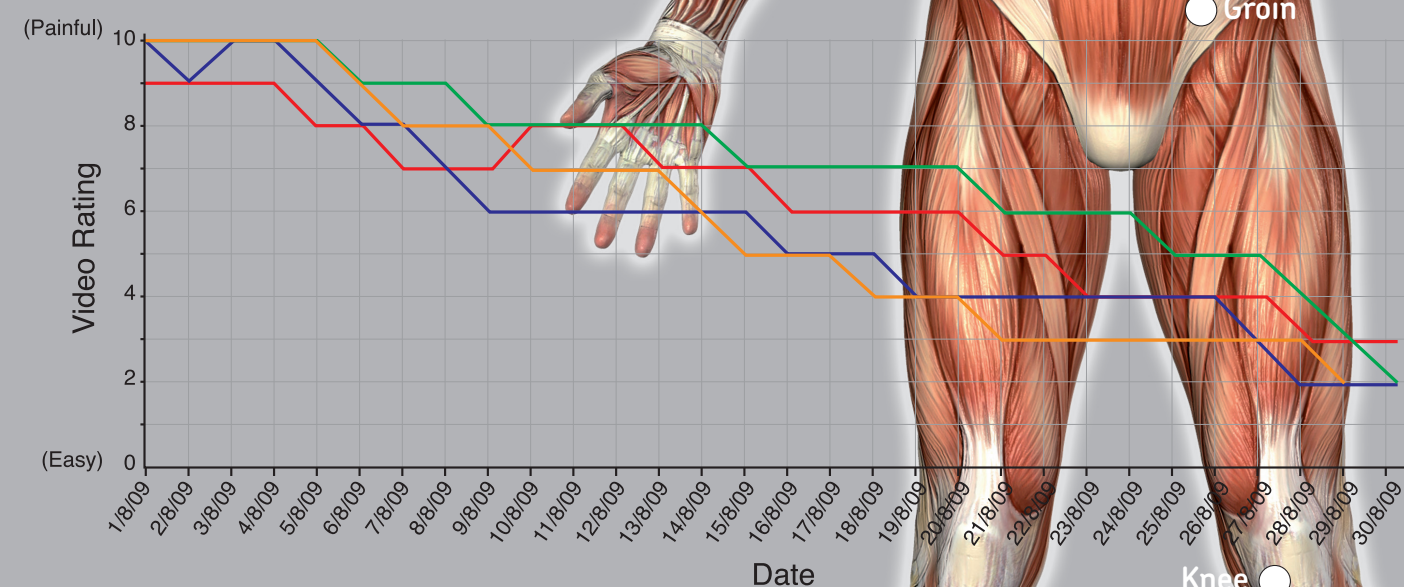
Passport to Recovery

Providing patients who require pre- and post-operative physiotherapy with easy-to-follow exercises in the comfort of their own home is key. Giving patients confidence, together with advice on how and when to perform exercise modules, is vitally important and a main ingredient in getting a person back to full health as soon as possible. This is called *A Passport to Recovery*.

Exercise Tracking

Members of The Video Clinic can receive text alerts telling them at what time to perform specific exercises. Members can also benefit from *Exercise Tracking*, an additional service designed to enable users to chart their progress, making the road back to recovery a much easier and faster journey.

Chart Your Progress



Here's what we provide at The Video Clinic: Pre- and post-op physiotherapy for knee, shoulder and hip replacement, together with an easy-to-follow guide for sports injuries and the relevant physiotherapy to aid recovery. It sounds easy, and at The Video Clinic we make it easy. Added to this, there are many benefits for surgeons, GPs and physiotherapists whose patients use The Video Clinic. These include: better use of time and resources, faster patient care, being able to chart a patient's progress online, reduced patient visits, a reduction in printed documents, which in turn saves money, increased productivity and better time management.

In conclusion, The Video Clinic provides the most comprehensive library of easy-to-follow physiotherapy exercises on the Internet, designed and developed by recognised physiotherapists and approved by top sports physicians. For more information, please visit us at: www.thevideoclinic.net

