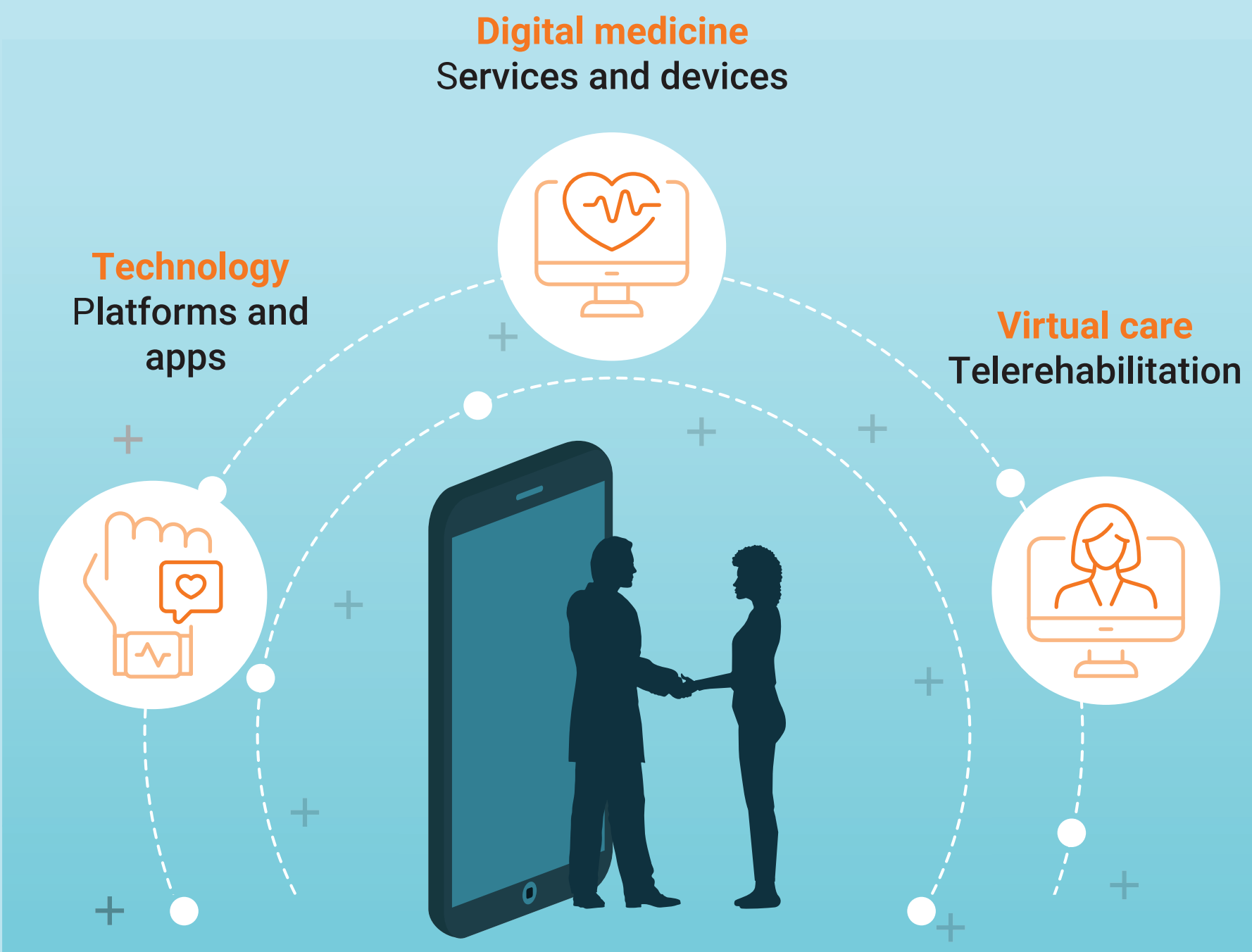


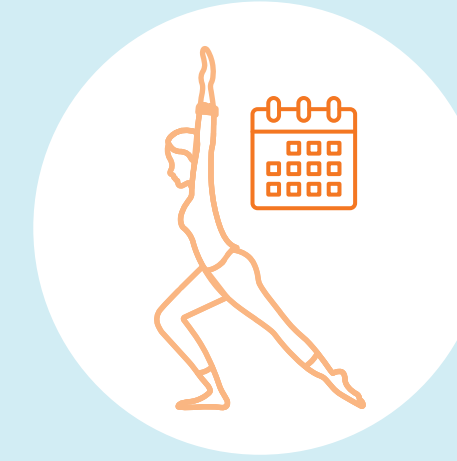
The Digitally Enabled Physical Therapist

Digital health solutions, which are increasingly being used by physical therapists now, refer to the use of virtual tools to deliver health care services or enable better health.



Advantages of digital physical therapy*

- ✓ For patients:
 - More access
 - Higher engagement
 - Better adherence to the care plan
- ✓ For physical therapists:
 - Scheduling and workspace flexibility
 - Advance quality of care
 - New growth opportunities
 - Insight into patient health data

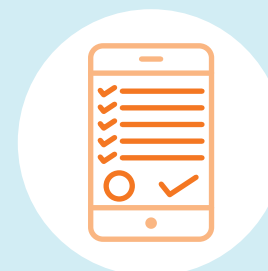


Challenges of digital physical therapy*

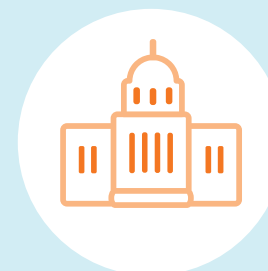
- ▼ Still a new concept with evidence being added
- ▼ Potentially unequal connectivity or access to technology
- ▼ Lack of digital literacy and skills
- ▼ Payment/insurance uncertainties
- ▼ Privacy, confidentiality, ethical, legal, and safety concerns

*Any service labeled physical therapy must be performed by a physical therapist or by a physical therapist assistant under the direction and supervision of a physical therapist.

How will APTA support digital therapy?



Create resources and collaborate to enable better processes and technology



Advocate for and advise policymaking and best practices in the field

How is digital health currently being used?



Telehealth consultations



Remote therapeutic monitoring and evaluation



Treatment planning and execution

APTA maintains that digital health services cannot replace an actual physical therapist; however, the association supports and guides the augmentation of physical therapy with digital health services to safely and efficiently expand the scope of work for physical therapists and help them integrate into this rapidly evolving field.

