

# Our Services

## Tele-Health

### TELE-HEALTH

We understand that individual circumstance may make attending the clinic in person not possible. We offer Tele-Health sessions that allow for you to receive the personalized care and treatment that you have come to expect at Dynamic, but from the comforts of your own home.

Tele-Health is live, face to face contact between one of our therapists and you.

Our therapist will send you a link, allowing you to quickly download the free Physitrack Tele-Health app on your phone or tablet.

Physitrack is the world leader in patient engagements and a few of its benefits include;

- Therapists can create CUSTOMIZED exercise programs - with professional narrated video demonstration of all exercises, to ensure proper form.
- Therapists are able to provide personalized education. Heat vs Ice, positioning and ergonomics, using braces, self massage and myofascial release techniques etc.
- Ability to stay connected with your therapist. Therapist can track your progress and make changes in real time.

Contact our office today to discuss if you would benefit from Tele-Health.

Close

Cardiac rehab circuit programme phase 1:  
Level 2  
(10 exercises)



Chair, Machine, Cardio, Step, Weights, free



Lunge reverse



Upright row with weights



March on mini-trampoline



Bicep curl - standing with dumbbells  
Arms



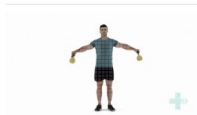
Biking  
Legs, Total Body



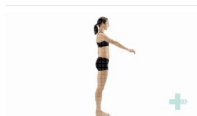
Triceps extension - bent over single arm with dumbbell  
Arms



Step up  
Legs



Kettlebell lateral raise  
Back, Shoulders



March in place with wall support



Buttock kicks