**Informative document and consent to participate in**

**tele-rehabilitation by Physiotherapy Saint-Lazare**

**Tele-rehabilitation is defined as a means of offering rehabilitation services, in this case physiotherapy, at a distance using information and communication technologies (ie computer, laptop, tablet or smartphone).**

**In the current context, tele-rehabilitation makes it possible to comply with the directives of government authorities aimed at reducing contact and travel between individuals to limit the risk of spread of the COVID-19 virus. Through use of technological means, it allows us to monitor your condition remotely and help you progress to achieve your objectives.**

**We will be available to:**

1. **Answer your questions or concerns**
2. **Provide you with personalized advice for your situation**
3. **Teach you and/or progress your exercises**

**Physiotherapists are important members of the health network and we are working hard to provide you with access to our professional advice during this time of crisis. We plan to use this tool until April 13th, 2020 as requested by our Professional Order of Physiotherapy of Quebec (OPPQ).**

**How it works**

**We will give you an appointment and send you a connection link to a tele-rehabilitation platform by Medexa. Thus, we will be able to see each other via camera and chat using the microphone which is integrated in your device. We will decide what type of follow-up you will need and establish a treatment plan according to your objectives.**

**It is important to understand that the use of a technological tool has its limitations. You must understand how the application works and be able to use it for the session to work well. You are invited to have someone with you to make sure everything is working well, that the camera moves as needed when you are moving and that someone is there in the event of a fall or injury.**

**Safety**

**The risk of injury while participating in tele-rehabilitation is low, however considering we are not by your side we ask you to provide us with an emergency contact who will be available to help you immediately in the event of a fall. If someone is with you during the session an emergency contact is not required.**

**Limitations:**

**You understand that certain tests/assessments cannot be performed and therefore the clinical impression may be less precise. In addition, the treatments will be based on active participation and educational advice, so manual therapy techniques will not be part of the treatment plan.**

**Confidentiality:**

**The physiotherapist will participate in all tele-rehabilitation appointments from the clinic to ensure client privacy during the session. The platform we are using is recommended by the OPPQ for following the privacy guidelines, however on any technological platform there is a risk of breach of confidentiality.**

**Agreement to use of tele-rehabilitation:**

**I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_declare that I have been informed of the advantages and disadvantages as well as the risks of tele-rehabilitation and I agree to receive physiotherapy by tele-rehabilitation.**

**Person to contact in case of emergency if you are alone during the session.**

**Persons Name:**

**Relationship to you:**

**Telephone #:**