



Family Health Centers of San Diego
823 Gateway Center Way
San Diego CA 92102

How does telehealth for Physical Therapy work?

- During the initial telehealth visit, our providers will review your history of symptoms and identify what movements and activities make you feel worse or better; then develop a plan to get you moving.
- During follow up telehealth visits, our providers will review how you are doing with your home exercises and make adjustments to your treatment program.

Gain tools you need to decrease pain, improve function and independence! In-clinic appointments are still available, ask your provider for more information.

Call (619) 515-2376 to make an appointment today.
fhcsd.org/telehealth-appointments



Telehealth for Physical Therapy

Feel better in the comfort of your own home!

Physical Therapy is available through telehealth. Make a phone or video call appointment with your physical therapist to learn exercises, stretches and activities you can do at home. Telehealth gives you the opportunity to begin your treatment immediately or continue care.



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