



Did you know?
Physical therapy is available
to you virtually.



During this time, even from a distance, your physical therapy team is here for you and available virtually to help you get, stay and be well.

Begin or continue treatment from the comfort of home.

Whether you need continued care for an existing condition or you're experiencing a new pain or discomfort, virtual appointments are available for both follow-ups and first-time visits. We're ready to support you via video or phone with the treatment you need to help prevent injuries, improve function and mobility and reduce acute pain.

We can help virtually with evaluation and treatment for the following:

- Neck and back pain
- Arthritis
- Joint sprains and strains
- Post-surgical rehabilitation
- Headaches
- Muscle aches and pains
- Foot pain/plantar fasciitis
- Rotator cuff tears

How does it work?

We can do a thorough evaluation via video, come up with a comprehensive care plan and coach you through treatment via phone or video follow-ups. Perhaps most importantly, we will work in concert with you to develop a symptom management program that you can easily do from home. Whether virtual or in person, we're here to guide you every step of the way.



Talk to your care team today.

Schedule a virtual visit* using the My Premise Health app or online at MyPremiseHealth.com.

The Health Clinic

1100 Fairview Ave. North, ME-B220
Seattle, WA 98109
Monday – Friday, 7 a.m. – 4:30 p.m.
206-667-3000

The Health Clinic | Operated by
Premise Health. 

*To conduct a local virtual visit, you must be in the same state in which your provider is licensed.

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