

## About The Author: Nash Dangarembizi



Nash Dangarembizi has vast experience working in the NHS, Sports, Gyms and Private Sector. Nash is an experienced Musculoskeletal Specialist and gained his Masters Degree in Physiotherapy from Manchester but he grew up in Cambridge.

Nash is a trusted, well-respected and highly skilled physiotherapist with an excellent track record of success and an impressive portfolio of satisfied clients. He also works with the BBC Strictly Come Dancing stars and he is respected developing businessman in his local community.

### **Introduction**

Over a decade we have gathered the most frequently asked questions on physiotherapy to help make an informed decision if physiotherapy is for right for **YOU OR NOT?** The guide is aimed to provide clarity for men and women aged 40+ that are keen to invest in their health to keep active and pain-free. These questions were asked by skeptical clients who were unsure of the benefits of the Digital Care Physiotherapy Services or what happens in the “Digital World”.

All the answers provided in this guide are honest and based on how we deliver physiotherapy treatments here at T4 Physio which might be different to the National Health Service (NHS).



*What is Digital Care?... A Guide for You!*

# **6 Frequently Asked Questions about Digital Care Physiotherapy Services**

*Find out the benefits of  
Physiotherapy Treatment in this  
Guide ....*

*Written by the Manchester's Leading Physiotherapist*

## 6 Frequently Asked Questions/Answers

### **1. *Is Digital Care Physiotherapy Services legal?***

Yes! Digital Care Physiotherapy Services are completely legal and are used by the NHS. Prior to treatment informed consent will be sought. Your personal data will be kept in accordance with the latest GDPR regulations.

### **2. *What is Digital Care Physiotherapy Services?***

This is a safe online platform used to deliver physiotherapy treatment via a simple video platform where you can see the health expert and they can see you too in the comfort of your home or office or anywhere. It is very easy to set up. All you need is internet connection via a mobile device such as a phone, laptop, computer or tablet.

### **3. *When do I pay for the treatment?***

Payment will be taken at the point of booking a session.

### **4. *I am not a technology wizard, what do I need to do?***

It is very Easy! All you need to do is open your email, copy and paste the link at the bottom of the email.

### **5. *What can I Expect?***

Once you are connected, your health expert will talk to you about your condition/diagnosis, discuss your progress, give reassurance/guidance and answer any burning questions. The expert will go through some self-management tips to address pain and tension in your muscle tissues. If you already have a personalised exercise program then the health expert can modify the exercises or prescribe you a new program. By the end of the session, you will have a clear understanding of what's going on, what you will be working on at home, and how you will be progressing towards your goal!

### **6. *Does Digital Care work for all injuries/conditions?***

No! Our highly skilled team of health experts will inform you if you require further investigations or if your condition is more serious and not suitable for digital care. We will always point you in the right direction if we are unable to help you. Remember we offer a FREE 30- Minutes taster call.

# Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Report.

However, examples of injuries and their prognoses are based on typical representations of those injuries that we commonly see at T4 Physio clinic. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physiotherapy advice and various other physical factors. It is impossible to give a 100% completely accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the physiotherapist at T4 Physio.

Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.

