

SFR Physical Therapy Launches Innovative Telehealth Services in Coral Gables to Enhance Accessibility and Patient Care

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SFR Physical Therapy, a physical therapy in Coral Gables, has announced the official launch of its telehealth services. This new digital offering provides virtual consultations, real-time therapy sessions, and remote progress monitoring to complement the practice's existing in-person clinical services. By integrating secure, HIPAA-compliant video technology into its care delivery model, the practice aims to make physical therapy more accessible for patients seeking flexible scheduling or remote access to care.

The decision to introduce virtual options reflects a broader evolution in outpatient physical therapy delivery. Led by a clinical team of licensed physical therapists, SFR Physical Therapy designed the virtual platform to address common logistical challenges that can interrupt a patient's care plan. Busy work schedules, transportation limitations, child care responsibilities, and acute mobility restrictions often create barriers to visiting a physical clinic consistently.

Through the telehealth platform, patients can connect directly with licensed physical therapists from home or work. During a virtual session, clinicians utilize structured movement screenings, subjective symptom evaluations, and observational assessment tools to evaluate patient movement patterns. Based on these evaluations, therapists construct individualized exercise protocols and guide patients through specific rehabilitation exercises in real time, offering immediate feedback on posture, form, and exertion levels.

The implementation of telehealth at SFR Physical Therapy aligns with current professional guidelines surrounding digital physical therapy practice. According to reports and practice guidelines issued by the American Physical Therapy Association (APTA), telehealth serves as a valuable service delivery model that can support care continuity, enhance patient engagement, and facilitate regular monitoring of exercise compliance when applied to appropriate patient populations.

"Virtual care represents a practical mechanism for maintaining care continuity," stated Maria Sanchez,

Clinical Director at SFR Physical Therapy. "Our objective with this service launch is to reduce non-attendance rates and support consistent participation in therapeutic exercise, which are critical factors in ongoing physical therapy in Coral Gables. While telehealth may not fully replace hands-on manual therapy for every clinical presentation, it offers an effective alternative or supplement for movement instruction, symptom management, and patient education."

The telehealth service includes several structured components intended to support home-based rehabilitation:

Virtual Clinical Consultations: Initial evaluations and follow-up sessions conducted via secure, high-definition video links.

Real-Time Exercise Guidance: Guided movement sessions where therapists observe performance, modify techniques, and adjust resistance or repetition variables.

Digital Home Exercise Programs: Access to a library of instructional video demonstrations detailing exercise form, dosage, and progression parameters.

Asynchronous Support: Messaging tools allowing patients to report symptom updates or ask questions regarding their prescribed home exercise program between scheduled visits.

By maintaining regular contact through digital channels, therapists can quickly address patient concerns, adjust exercise protocols based on subjective feedback, and encourage adherence to prescribed routines.

SFR Physical Therapy notes that telehealth is evaluated on a case-by-case basis to ensure clinical appropriateness. During an initial contact screening, the clinical team reviews a patient's medical history, condition severity, and physical setup to determine whether virtual care, in-clinic care, or a hybrid combination of both is the most suitable approach. Conditions requiring intensive manual manipulation, specialized equipment, or direct physical assistance for patient safety remain best served through traditional in-person clinical appointments.

The virtual therapy service is now available to new and returning patients. For additional details regarding coverage, technology requirements, or scheduling a virtual screening, prospective patients can visit SFR Physical Therapy's official website or contact their administrative office.

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For more information about SFR Physical Therapy, contact the company here:[SFR Physical Therapy](#)

Physical Therapy786-338-7421info@southfloridacenters.com

SFR Physical Therapy

Website: <https://www.southfloridacenters.com/>

Email: info@southfloridacenters.com

Phone: 786-338-7421