

BASIS: ONLINE PHYSIOTHERAPY

Free exercise and digital physiotherapy

You get

- An initial video consultation with a physiotherapist specializing in online diagnostics.
- Independent training with guidance from the Injurymaps app and ongoing follow-up and encouragement from the physiotherapist via video and chat.
- Six months of subsequent access to the training app.
- Option to skip the queue and get an appointment straight away.
- Avoids transport time and absence on work when not meeting at a physical clinic.
- Can get quick answers to urgent problems by chatting with his physiotherapist.
- The app and the physiotherapist help you keep your spirits up throughout the course with medals and praise when you train, and help and support when you don't train.

Make a claim

Online you can make a claim as well as register your family at [User portal at www.ds-sundhed.dk](https://www.ds-sundhed.dk)

