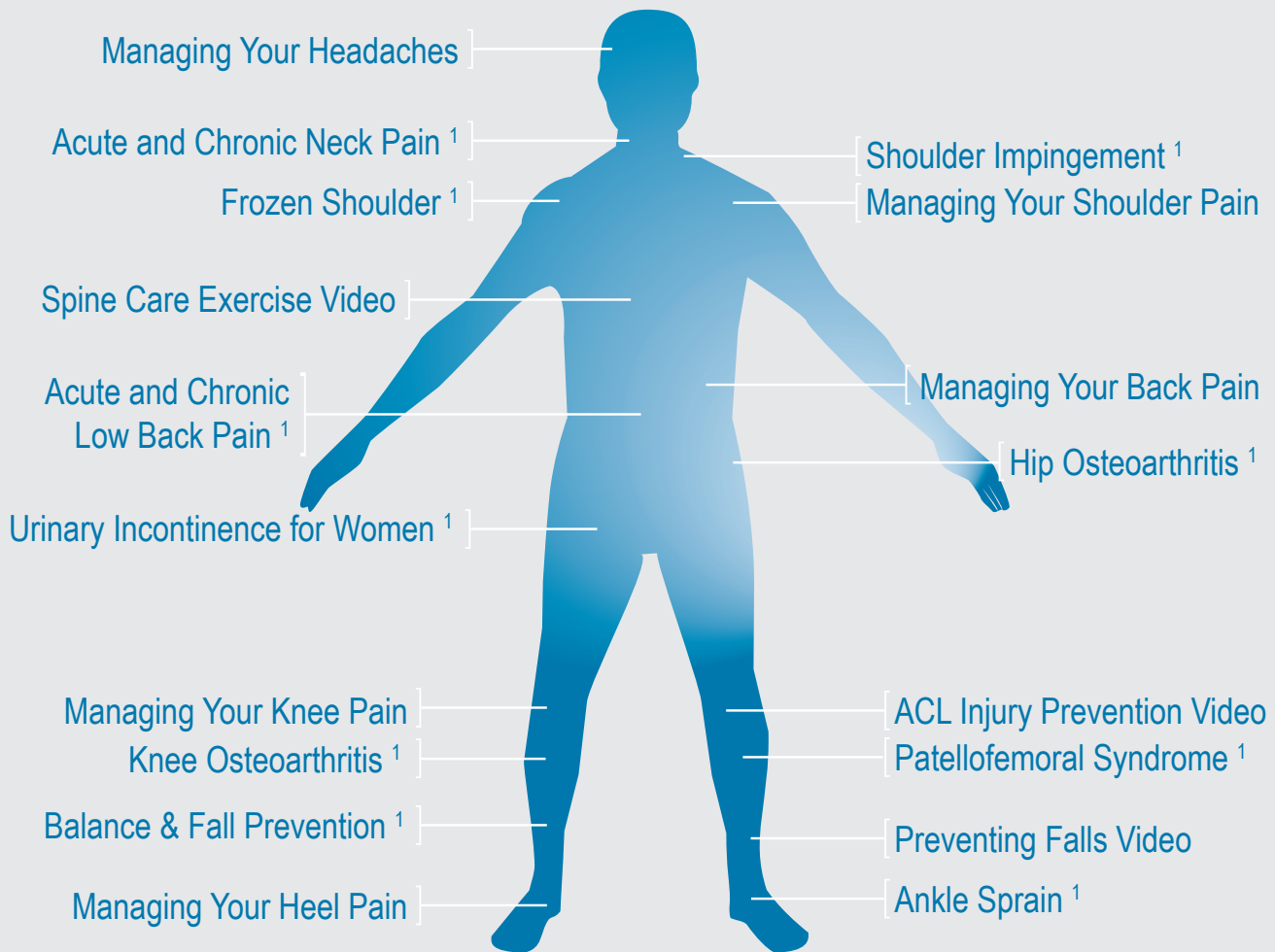




# Online Tools Physical Therapy

Brought to you by Kaiser Permanente

My colleagues and I are proud to offer you an array of trusted and convenient resources that support your health and your health care experience at Kaiser Permanente. Explore these tools at times and places that work for you and your family. Visit [kp.org/mydoctor](http://kp.org/mydoctor) and find your Physical Therapist. See reverse for more information on each tool.



### Additional tools can be found on your Physical Therapist's Home Page

Health Coach: Let's Get Physical <sup>+</sup>  
 Health Coach: S.M.A.R.T. Eating <sup>+</sup>  
 Health Coach: Stress Less <sup>+</sup>  
 SmartMoves: Computer & Laptop Setup

WebCare for Healthy Weight <sup>+</sup>  
 Exercise and Fitness Podcasts  
 Nutrition and Weight Podcasts

Pain Management Podcasts  
 Stress Reduction Podcasts  
 Bladder Control Video for Women

<sup>+</sup> You must be a Kaiser Permanente member with an activated online member account.

<sup>1</sup> Articles on "Diseases & Conditions" can also be found on your Physical Therapist's Home Page.



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## ACL Injury Prevention Video

An ACL injury can be devastating to an adolescent athlete. Unfortunately, girls are at higher risk. Kaiser Permanente developed this fun, challenging, and effective exercise program to help lower your risk of a non-contact ACL injury.

## Bladder Control Video for Women

Learn how to control your bladder. Leaking urine is common, but most women get better with one or more of the treatments and lifestyle modifications.

## Diseases and Conditions Articles

On your Physical Therapist's home page, you can read or print one of the many articles we have on various diseases and conditions.

## Exercise and Fitness Podcasts

Struggling to fit exercise into your daily routine? Want to learn how to treat and prevent common injuries while staying active? Or do you simply want to learn about the benefits of incorporating daily walking into your everyday life? Check out the Exercise and Fitness Podcasts.

## Health Coach\*

Health Coach is an online, interactive, behavior change program designed to improve your health. It includes 3 modules: Let's Get Physical, S.M.A.R.T. Eating and Stress Less.

## Managing Your Back Pain

Reduce your pain and strengthen your back with personalized daily recommendations and short video demonstrations. Valuable tips for managing your back pain while working, traveling and playing sports.

## Managing Your Headaches

This program will help you learn more about types of headaches, what causes them, common symptoms, and your specific headache triggers. Learn how to manage your headaches through good self-care and lifestyle changes, as well as medication.

## Managing Your Heel Pain

Understand what causes heel pain, what you can do to ease the pain, and how to keep it from returning.

## Take the next step

Access all these online tools and more at [kp.org/mydoctor](https://kp.org/mydoctor).

Type in the name of your Physician or Physical Therapist.

Under the "Tools & Classes" tab, click on "Search all Health Tools" and enter the program you want to do. It's that easy!

## Managing Your Knee Pain

Understand what causes knee pain, what you can do to ease the pain, and how to keep it from returning.

## Managing Your Shoulder Pain

Understand what causes shoulder pain, what you can do to ease the pain, and how to keep it from returning.

## Nutrition and Weight Podcasts

Listen to a series of nutrition and weight related Podcasts designed by dietitians and other health experts.

## Pain Management Podcasts

Try one of the guided imagery programs designed for people who want help in managing pain. The pain management Podcasts encourage relaxation when you're in physical or emotional pain, refocusing the mind, and marshalling brain chemicals that elevate more.

## Preventing Falls Video

If you're at risk for falls, this video was designed for you. Learn helpful ideas for home safety, balance exercises to prevent falls and other tips.

## SmartMoves: Computer & Laptop Setup

Does your back ache or do you have eye strain, tendonitis or other symptoms of repetitive stress injury? Our unique program will show you how to set up your workstation, home office, or laptop to prevent injury.

## Spine Care Exercise Video

Discover the importance of taking care your back, the benefits of physical activity, learn general exertion guidelines and how to perform back exercises properly by viewing our selection of spine care videos.

## Stress Reduction Podcasts

Are you feeling overwhelmed? Does your stomach cramp when you get nervous? Do you get headaches? Is stress keeping you up at night? If so, try one of our stress reduction Podcasts. The Podcasts include guided imagery, meditation practices and more, so you can live a less stressful life.

## WebCare for Healthy Weight\*

Reach and maintain a healthy weight with practical advice, recipes, calorie and activity calculators, personalized journals and more. A healthy weight companion - when and where you need it.

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<sup>1</sup> Articles on "Diseases & Conditions" can also be found on your Physical Therapist's Home Page.