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On January 29, 2020 I ruptured a lumbar disc doing squats with modest weight. A spinal injection of anesthetic and steroid provided relief and there was sufficient healing or recovery for me to begin physical therapy six months later in August 2020. Being an older man with pulmonary pre-existing conditions I requested the opportunity to do physical therapy using telemedicine at TSAOG. My physical therapy experience using telemedicine has been extremely successful in the sense that it has returned me to nearly normal function. By pointing the laptop camera, we have been able to do floor exercises, standing exercises, and movement exercises with ease. I perceive that the therapist was able to observe me carefully and protect me from injury and I perceive that the therapist was highly effective showing me the proper movements and specific elements of form. My physical therapist has been Dr. Siddhi Sawant. I have learned a great deal working with her and I perceive my improvement is largely due to her expertise. I feel that the use of telemedicine was not an impediment in my care and Dr. Sawant teaching me and demonstrating what is necessary for my recovery. Rather, telemedicine is a modality that allowed me to stay safe from covid while improving rapidly. In summary I am very grateful for the opportunity to do telemedicine in physical therapy with TSAOG.

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