

J.E 80 years-old about working with Dr. Hagit Berdishevsky via Zoom.



“Tele therapy with Hagit Berdishevsky has been a transformative experience for me. For the record, I had worked with Hagit previously for almost five years. I consider her an exceptional Schroth therapist who now has added Pilates to her specialties. My diagnosis is Scheuermann’s kyphosis. I perform Schroth exercises on a daily basis to strengthen my thoracic muscles in an effort to keep my curvature from progressing. Due to the coronavirus and my age, it became no longer safe to take in-person sessions starting last March, 2020.

Tele therapy was the only kind of therapy that was acceptable, and I was highly motivated to try it. Without the benefit of tactile cues, I assumed it would be less effective. Hagit would no longer be able to touch my toes, back, shoulders, and neck lightly to indicate some form of correction, or walk around me to see me from every angle. I was wrong. I am actually doing the exercises even better.

How can I explain this unforeseen and only benefit of the pandemic? There are three reasons. The first is Hagit herself who considers carefully how she can best serve each patient’s needs remotely via iPhone, and now from a different time zone as she has moved to Israel. She curates each session for that patient’s curvature, age, and mobility. At the start of each session she connects via iPhone to your chosen piece of equipment. Most of her patients participate on a lap top using Zoom and can view the recording of their session afterward. In my case, she conducts sessions using FaceTime. When we are recording a session, she sends a Zoom link to my iPhone so I can connect. The small size of the iPhone screen is not a real drawback as she communicates instructions in clear, upbeat, retainable language.

The second reason why tele therapy has been so successful is the benefit of technology. Hagit recommends purchasing a tripod and adaptor to hold the iPhone. These are inexpensive and available on Amazon. It is essential that she be able to watch me continuously and that I am able to watch her when appropriate. The tripod can be moved quickly to the best position for each

exercise. And the videotapes of the sessions are a great teaching tool. If I am having trouble with an exercise, Hagit will demonstrate it for me. “

The third reason for my great success with tele therapy is how it has affected my concentration. Now I am in the driver’s seat. There are no tactile cues directing me what to do. That makes me focus even more closely on the exercises, some of which we have done together for several years. But now I have to take more responsibility for their correct execution. Because I put more into these exercises, I get more out of them. And I am exercising in the safest way possible because we don’t have physical proximity.

I should add that Hagit is highly credentialed, incredibly experienced, and a joy to work with.