



Virtual Physical Therapy,
powered by **Kemtai**
and enabled through
Discovery Health

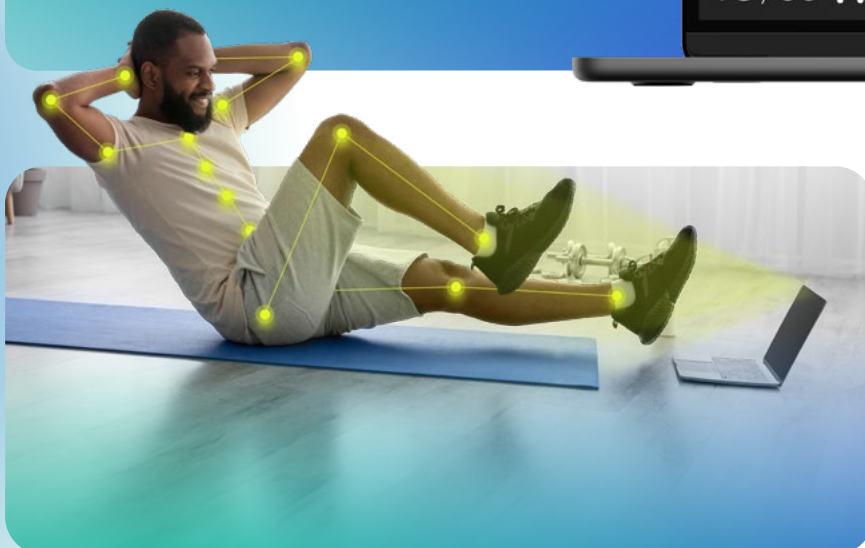
Extend rehabilitation beyond the practice

Offer qualifying patients access to guided Virtual Physical Therapy through Kemtai's AI-powered movement analysis platform, available through Discovery Health.

The challenge

Many patients struggle to complete prescribed rehabilitation programmes consistently due to time constraints, travel requirements, scheduling challenges and limited access to in-person appointments.

As a result, home exercise adherence may be lower than desired, potentially affecting recovery outcomes.



The solution

Kemtai is a digital physical therapy platform that enables healthcare professionals to extend rehabilitation support beyond the consulting room.

Using advanced computer vision technology, Kemtai guides patients through prescribed exercises using a smartphone, tablet or computer camera, providing real-time feedback and movement correction without requiring wearable sensors.

Key benefits for healthcare professionals



Improve patient access

Patients can complete exercises at home using a device with a camera, reducing barriers to rehabilitation participation.



Support exercise adherence

Guided sessions and real-time feedback help patients perform exercises correctly and stay engaged throughout their rehabilitation journey.



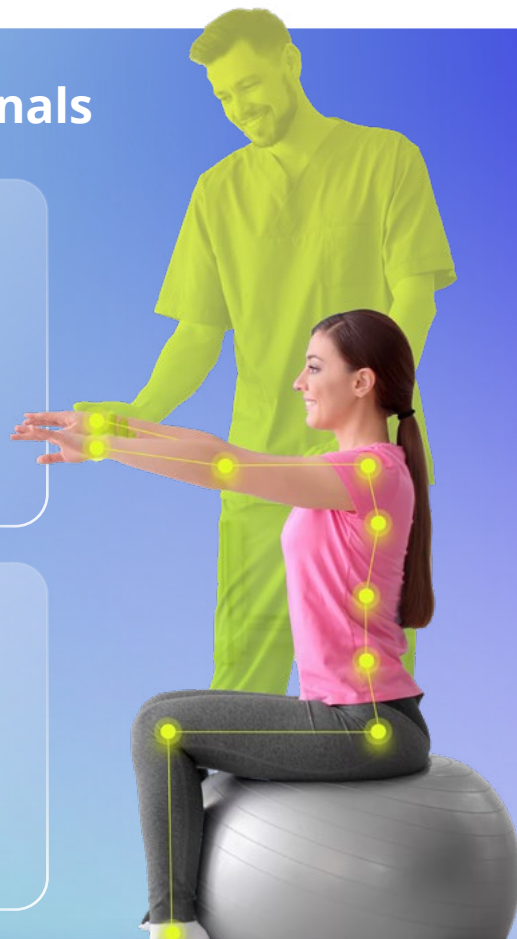
Extend care beyond face-to-face consultations

Continue supporting patients between appointments while monitoring their progress in real time.



Personalised rehabilitation programmes

Exercise plans can be tailored to individual patient needs and recovery goals.



No additional hardware required

The platform operates on smartphones, tablets and computers without sensors or specialised equipment.

How the programme works

Assess suitability

Identify patients who may benefit from support through Virtual Physical Therapy.

Enrol qualifying patients

Give patients access to the Kemtai platform through Discovery Health.

Prescribe exercises

Assign personalised rehabilitation programmes aligned to clinical goals.

Monitor progress

Track patient participation and support ongoing rehabilitation between consultations.

Why Kemtai?



AI-guided exercise sessions



Real-time movement analysis



Immediate corrective feedback



Sensor-free technology



Accessible from any camera-enabled device



Scientifically validated movement-tracking technology

Interested in incorporating Virtual Physical Therapy into your patient-care pathway?

You can email vpt_support@discovery.co.za for more information and to sign up.