

# From Physical Therapy to Healthcare Leadership

**Dr. Srilekha Reddy Palle's journey reflects:**

- The evolution of rehabilitation in modern healthcare
- The growing role of policy & systems thinking
- The shift from clinical care → healthcare leadership

Started as a physical therapist at 24, she now leads multidisciplinary rehabilitation programs spanning cardiac rehab, pulmonary rehab, outpatient therapy, and care operations.

## Rehabilitation: Beyond Recovery

**Modern rehabilitation impacts:**

- Readmission reduction
- Long-term outcomes
- Mobility progression
- Chronic disease management
- Total cost of care



Cardiac rehab combines monitored therapy, nutrition, education, and progressive mobility, not just exercise.

## The Shift Toward Value-Based Rehabilitation

**Rehabilitation now influences:**

- ✓ Length of stay
- ✓ Fall prevention
- ✓ Discharge readiness
- ✓ Readmission rates
- ✓ Functional outcomes

This has transformed rehabilitation from a support service into a strategic driver of value-based care.



## Key Areas Where Rehab Drives Value:

- Reduced readmissions
- Faster recovery timelines
- Improved discharge outcomes
- Lower post-acute utilization
- Better long-term functional outcomes



**Srilekha Reddy Palle**

Results-driven Healthcare Professional

# Insights, Trends & Actionable Takeaways

## Remote Care is Redefining Rehabilitation

Remote therapeutic monitoring (RTM) and virtual rehab are expanding access to care, especially for rural populations.

Key benefits:

- Continuous patient engagement
- Better adherence
- Remote progress tracking
- Improved continuity of care



The future of rehab is hybrid: in-person expertise powered by remote engagement.

## AI: Reducing Friction in Healthcare

AI is helping clinicians:

- Reduce documentation burden
- Improve multilingual communication
- Streamline patient monitoring
- Save clinical time

Documentation time can drop from **20 minutes** → **3 minutes**

## Wellness is Becoming Preventive Medicine

Healthcare is shifting:

- Reactive care → Preventive health
- Episodic treatment → Lifelong wellness
- Hospital-centric systems → Patient-centered living

## Policy, Prevention & System Redesign

Healthcare transformation requires:

- Better care coordination
- Outcome-based reimbursement
- Reduced admin burden
- Stronger rehab integration

## KEY TAKEAWAYS



Rehabilitation is now central to value-based care



Remote care expands access beyond hospitals



AI can dramatically reduce clinician burden



Wellness & mobility are becoming preventive medicine



Policy and reimbursement shape patient outcomes

“MOBILITY IS MEDICINE”

### CONCLUSION

Healthcare is moving beyond episodic treatment toward continuous, outcome-driven care. Rehabilitation, wellness, AI, and remote monitoring are no longer peripheral services—they are becoming foundational to how modern healthcare systems improve outcomes, reduce costs, and help patients live healthier lives.