

CORONAVIRUS AND TELEHEALTH UPDATE

We would like to let you know what precautions and measures are being taken to keep you, our patient, and our staff safe during the outbreak of Covid-19.

- There will be no penalties for cancellations related to respiratory illnesses or fever during the time of continued threat of Covid-19 infection. If you are experiencing fever, cough, please wait to schedule an appointment until you are fever-free, without the use of fever reducing medication or other symptom reducing medication, for 24 hours
- If you have fever or respiratory symptoms such as cough or shortness of breath and have either traveled internationally in the past 14 days or had close contact with someone who's suspected or confirmed to have coronavirus, please call your primary healthcare provider prior to attending an appointment.
- **We currently offer physical therapy sessions via Telehealth.** A study conducted by Yale School of Medicine implemented the use of remote technology among 50 participants recovering from hip or knee surgery. Telehealth coach monitored and recorded patient rehabilitation exercises performed at home. The technology combined audio, and video to measure and record the accuracy and duration of the activities. From a physician perspective, the results of the study displayed that there was little difference in readmission rates between in-person and telerehabilitation both at the 30-day and 90-day mark. Overall, the study found telehealth to be a viable alternative to in-person PT visits.

Some insurances, for example, Medicare, do not cover the Telehealth sessions. Please inquire about your insurance situations at the Front Desk.

- We are screening all patients according to guidance from the CDC and our local health department for respiratory symptoms and recent travel when they call to schedule an appointment for therapy. Patients who exhibit the criteria will not be scheduled until they are past the two-week incubation period.
- We strategically placed hand sanitizers, disinfectant spray or wipes, paper towels and tissues throughout the office for the staff and clients use.

Our staff is adhering to the CDC guidelines and requirements. All the staff members are required to:

- Wash or sanitize the hands after interaction with clients
- Wash hands for 20 sec after each patient / client interaction
- Sanitize all tables and equipment after each use
- Wear single use gloves when administering manual therapy or during other "skin on skin" contact

