

Essential Physiotherapy during Lockdown: The following measures have been put in place to protect yourself, your family, the practitioner and all the patients visiting the practice.

1. A three - layer facemask is mandatory to be worn at all times during the treatment.
2. Please disinfect / sanitize any items you plan to bring with you to the practice, e.g. your handbag / car keys / cell phone if they are not carried inside your handbag.
3. Please bring the following with you to each appointment:
 - a) A comfortable pair of shorts for treating the lower back or lower extremities to expose the areas to be assessed / treated. (If you do not have a pair of shorts, it will be provided at the practice.) Clothing for ladies will be provided for treating the neck or upper extremities.
 - b) 3 medium sized freshly washed / clean towels. (Wash items with soapy water at 60°C and make sure to disinfect / sanitize any items you have brought to the practice with you when you arrive at your vehicle / at home.)
4. If you cough or sneeze, please cover your nose and mouth with a tissue / paper towel and dispose of the tissue / paper towel in a special bin that will be provided. Please sanitize hands after coughing or sneezing.
5. Please wash your hands or use the alcohol hand sanitizer provided at the beginning and at the end of your treatment session.
6. Patients are advised to change into clean clothes & shoes when they arrive home. It is also advisable to have a shower, before having close contact with family members.
7. Further measures in place:
 - a) Please do not arrive earlier than 5minutes before your appointment, this is to ensure there is never more than one person in the rooms to practice social distancing. If any family members accompany you to the practice, they are welcome to wait in the waiting room.
 - b) All surfaces are disinfected with 70% alcohol at the beginning of the day, as well as between each patient.
 - c) Pillow covers are waterproof and are changed between each patient. Fresh / clean disposable towels are used for each patient. Patients bring with their own towels to cover them when they feel cold or to place over the bed if you do not want to lie on the bare leather.
 - d) As a Physiotherapist, I wear a surgical mask and an apron at all times. A small fee will be charged to cover PPE equipment used for each patient.
 - e) The treatment room is ventilated for 30minutes 3x/day.
 - f) All persons entering the practice are screened and their body temperature is recorded.
 - g) Patients are screened for risk factors. High and low risk patients are spaced in such a way to limit risk.
 - h) A regular risk-benefit analysis is done, which will influence my clinical decisions and delivery of physiotherapy services.