



How Our PT Clinic is Protecting Patients & Staff

Your health and the health of the community is of utmost importance to us. Cold, Flu and Novel human coronavirus disease (COVID-19) are of concern to all of us. Our healthcare facility services remain categorized as an essential need to many patients (including post-operative and injured) which helps people continue with their daily activities. Responsibility is required by all. As we go on with our daily lives, we ask that you team up with us to make this clinic a continued safe place for healing.

We know that continuity of the physical therapy process is very important to you.

We are taking diligent and tangible steps to help prevent the spread of disease and protect our patients and team members. We apply periodic updates based on CDC recommendations.

STAY AT HOME IF YOU ARE SICK

A key point is keeping people who are ill away from other people. Therefore, we have instructed any staff feeling ill to remain at home. We ask the same of any patients feeling ill.

Understand what age groups and/or pre-existing symptoms are at higher risk.

PRACTICE PROPER HAND & WRIST HYGIENE

Wash your hands – and your wrists often. Staff regularly wash their hands between patients, but we are placing extra emphasis on this. We ask patients to wash their hands, or use hand sanitizer, before and after treatment. Avoid unnecessary hand to hand contact with others.

COVER YOUR COUGHS & SNEEZES WITH A TISSUE

Please cover your mouth and nose with a tissue when coughing or sneezing. If no tissue is handy, sneeze or cough into bent elbow. Wear mask if you are coughing or sneezing regularly.

AVOID TOUCHING YOUR EYES, NOSE OR MOUTH

People frequently touch their eyes, nose or mouth without even realizing it. Try and eliminate this behavior, particularly after touching objects or being around someone who is coughing or sneezing.

CLEANING & DISINFECTION IN OUR CLINIC AND HOUSE CALL EQUIPMENT

We have always practiced good cleaning and disinfecting protocols and have increased the frequency and depth of those efforts. Rest assured that we are paying extra attention to items that are frequently touched. After wiping tables and equipment, we acknowledge a 4 minute dry and sanitization period for optimal response.

TEAM MEMBERS ARE TAKING DAILY TEMPERATURES

Team members are taking daily temperatures on site in the am and pm to assure that we are ready to safely provide care to you. We are available to take patient temperatures as well. We request that patients have their temperature taken upon arrival, for the protection of all.

SPACING OUT OF INDIVIDUALS:

We are a one-on-one Physical Therapy clinic with individual treatment rooms. This gives us the opportunity to limit exposure and / or shared air space by keeping patients private and separate.

HOME VISITS:

Some patients have voiced the interest in maintaining their valuable therapy sessions and have asked for home visits. For this unique situation, we have carved out some times in our schedule to accommodate for this need. This opportunity will be available through April 6th. Treatment equipment would be pre sanitized and masks / gloves would be worn upon patient request. Treatment sessions would be 60 minutes and would require a 30 minute each way (60 minute total) driving time fee.

If you are in a position where you need to isolate yourself for a period of time, and would like to set up a phone or 20 minute virtual consult with your physical therapist for a home exercise program review / advancement, this service is available at a rate of \$50 per 20 minute session. Call our office to learn more about our home visits and virtual exercise review options.

Team up with us to be able to provide you with the care you need while keeping each other safe during times of elevated caution.

See you soon,



Gage Banks



Laurie Banks



Samuel Kabat

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For more information and education to keep yourself protected, visit:
[cdc.gov](https://www.cdc.gov)

[Monterey.org/coronavirus](https://www.Monterey.org/coronavirus)