

The Therapy Process

Disclaimer: Please, if you feel you are a High Risk person, in that you may have been recently exposed or if you have underlying health issues or if you have vulnerable persons at home, please talk to us about the safety of coming to the practice. We cannot and do not want to take responsibility.

FOLLOW all the general COVID19 safety guidelines... here are some therapy specific directives:

1. **Permits**

If you do not have a permit to travel, we will issue you with one. We just need your full name as is in your ID book or Passport and your ID/ Passport number.

2. **What to bring**

MASK 
Sanitizer
Own towel
Own shorts /Tshirt or appropriate therapy clothes

Keep your MASK , **on the entire time.**

3. **Arrival**

Arrive at the practice on time. Try not to arrive early, stay in your car and wait until it's the time for your appointment. This is for your own safety and to minimize patient to patient contact.

4. **Sanitize**

Sanitize your hands as soon as you enter the practice and wait in reception. Your Physiotherapist will come and fetch you when its time. Keep sanitizing your hands regularly during the treatment and especially after using any equipment.

5. **Your bed**

Your bed will have been sanitized and your own clean special linen and towel fitted. This linen is removed after every patient, the bed is thoroughly sanitized and fresh linen applied.

6. Treatment

The treatment will respect the risks of proximity, and we will only come close during manual testing and treatment techniques and make sure we keep as much distance as is possible. We will still use all the usual treatment techniques which are best suited to your condition.

7. Interaction

There may be other practitioners working so please keep your distance and we will also make sure that we stay as far away from other patients as possible.

8. Leaving

The physio will accompany you to the door. You may pay with card or eft and we will email you the statement. Please sanitize your hands properly before leaving.

8. Arriving home.

Please shower when you get home, **You May remove your MASK**  and place your clothes in the laundry.

Stay safe, always...

Kind Regards,

Seuring Physiotherapy Team