

Clients & Patients

Thank you for your continued patronage through this challenging time. We value your support in our business, as well as your trust in us for your care.

We want to ensure that everyone receiving care from us knows that we are upholding the highest of standards for your well-being, as well as our own. Currently, the CDC and State of Colorado guidelines suggest the following be in place:

- **Disinfection**
 - We are sanitizing everything that our patients touch between every session, oftentimes during sessions.
- **Hand Hygiene**
 - As healthcare providers, we are required to wash hands thoroughly, throughout the day, between modalities, always between our patients, as to limit any spread of possible germs.
- **Isolation precautions**
 - We've determined that any patients who've had the following will be on a 14-day quarantine from our office:
 - Recent travel internationally
 - Contact with possibly ill individuals (regardless of illness)
 - A person with possible coronavirus exposure in their office, home or apartment building
- **Personal distancing protocols**
 - We are asking that all patients maintain 6 ft. distance between others while in the waiting room and in the gym.

We are also providing telehealth options, including for our Pilates clients. Simply put, “telehealth physical therapy” (or “virtual physical therapy”) refers to physical therapy services that are provided over a technology platform, rather than by in-person means.

- Scheduling works like a normal visit
- Visits are one-on-one with *your* physical therapist
- Saves you time (no travel time) and money (no travel costs)
 - Minimizes your risk

If you are interested in this, please let us know. Our clients have found it very successful thus far.

Lodo Physical Therapy will remain open unless more stringent restrictions are placed on us by the local, state or federal governments. We are in fact considered essential in this time, as physical therapists help alleviate the burden on primary doctors and emergency rooms for musculoskeletal issues.

We will be condensing schedules as much as possible to limit our time in the office and out in the general public. Please note that scheduling may be more limited because of this, but we will do everything that we can to ensure your care.

***U.S. Department of Homeland Security memorandum, dated March 19, 2020: Physical therapists are essential in flattening the curve of the COVID-19 pandemic. They play a key role in keeping people they can help out of doctor's offices and ER's. This will not only free up the medical teams to treat those impacted by COVID-19, but also limit the exposure of those seeking the care of the physical therapist.

*** https://ppsapta.org/sl_files/BFC419ED-9B9A-A69F-DDCAA8F5688CF5C.pdf