COVID Update 5th January 2021

Our position as a Clinic as of January 5th, 2021 is not that different to past lockdowns. We are pleased to let you all know that the Government and our Governing body have stated that Medical and Healthcare services can remain open and people are able to leave their homes to access medical treatment.

We have spent time considering the implications of this moving forwards. As always, the safety and well-being of you our wonderful patients, our staff and their families and our own family’s safety remains the main decision-making driver at this difficult and continued unprecedented time. All our staff will continue to be in the correct and full PPE and robust risk assessments and Infection Control policies and procedures will continue to be followed. Anyone attending the Clinic will be expected to wear a Face mask for the duration of their visit.

The Chartered Society of Physiotherapy has been very clear that all patients are to be triaged by phone before booking an appointment and if at all possible, the assessment and treatment should be offered via virtual/ remote means. Based on the phone triage and/or the virtual assessment, if it is then felt that there is a need for you to attend the Clinic Face to Face this will be further risk assessed with you at this point. Completion of our COVID Health screening questionnaire will also need to be completed for all patients attending the Clinic Face to Face and at each appointment.

**Virtual / Remote Assessment and Treatment**

We are proud to report that we have been using Virtual assessments and treatment since April 2020 and feel that we are able to provide both effective and beneficial Physiotherapy this way. We would like to re-iterate the success we have had treating people virtually via video, with us treating a range of conditions from acute sciatica through to knee pain and Achilles tendonitis. While Physiotherapy can involve hands on treatment at times, we also offer years of expertise and training; and are able to offer you all much advice, education, exercise programmes and rehabilitation via video. If you are not sure how effective this would be for you, please contact the Clinic to enable us to discuss it further with you.

With the return to shielding being announced we will also not be able to see anyone in the Clinic Face to Face who is considered Clinically Very Vulnerable and required to shield. We hope that you understand the need for us to make this decision in keeping you all safe, considering the increased rate of transmission of this new variant.