



## **PLEASE READ**

### **COVID - 19 Protocol**

Belle Mead Physical Therapy is committed to providing the safest environment to protect the health of our employees and patients. In order to achieve this, we have made significant changes to our protocols.

Physical Therapy has been deemed an essential service because of the ability to relieve ER and Urgent Care facilities of patients who need pain management solutions for physical limitations. We serve to address physical pain, weakness, and movement limitations for those whose daily living and independence are affected.

#### **Patient Protocol when Arriving for Treatment**

- No friends, family members or drivers are permitted in the building unless the patient has a physical or cognitive disability requiring the assistance of a caretaker.
- Per recommendations from the CDC, our employees will be wearing masks in our clinic during treatment. When coming for therapy, we ask our patients to wear a mask or face covering when entering the building. If you are not able to obtain a mask or face covering, please call our office before entering the building.
- Upon entering the building, the patient will stop at the front desk for a temperature check. Temperature must be less than 100.4 F without the use of fever-reducing medication.
- Patient will then proceed to the bathroom/hallway to wash hands.
- Front desk staff will sign patients in and will collect copays 1 time per week via credit/debit card only. Patient will slide their own card through the machine.
- Digital assessment tools such as tablets will be sterilized following every use.
- High traffic touch points such as doors, light switches, and sink faucets will be regularly wiped down.
- Patients will be asked to wear gloves when using equipment which cannot be disinfected (i.e. theraband, sponges for grip/pinch).
- All equipment will be cleaned after each use.
- When possible, patients will exit through the gym door.
- We understand the nature of our treatment involves contact with our patients. Per recommendations from the CDC, we are taking every advanced measure to abide by physical distancing whenever possible. Our therapists will be working with one patient at a time. We do this by scheduling our patients with their therapists in a staggered manner, allowing for one-on-one interaction.



**PLEASE READ**  
**COVID-19 Symptoms/Travel**

**Please let us know if you have experienced any of the below symptoms in the past 48 hours.**

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell

**In the past 14 days, have you been in contact with anybody who has been diagnosed with COVID-19?**

**In the past 14 days, have you traveled to any of the following states?**

- |               |                  |
|---------------|------------------|
| - Alabama     | - Montana        |
| - Alaska      | - Nebraska       |
| - Arkansas    | - Nevada         |
| - Arizona     | - New Mexico     |
| - California  | - North Carolina |
| - Delaware    | - North Dakota   |
| - Florida     | - Ohio           |
| - Georgia     | - Oklahoma       |
| - Iowa        | - South Carolina |
| - Idaho       | - Tennessee      |
| - Indiana     | - Texas          |
| - Kansas      | - Utah           |
| - Louisiana   | - Virginia       |
| - Maryland    | - Washington     |
| - Mississippi | - Wisconsin      |
| - Missouri    |                  |

**If you test positive for COVID-19, or experience any of the above symptoms, after visiting our office (within 14 days), please call us ASAP.**

Thank you for helping us keep our patients and staff healthy and safe.

Sincerely,

Belle Mead Physical Therapy