

OUR NEW NORMAL

ORTHOCARE PTC CENTER – COVID UPDATE

Hello,

Orthocare Physical Therapy Center is more committed than ever to supporting the overall health and well-being of our Northern Virginia community.

We are open and ready to help those in pain Move Better, Live Better!

Don't let your pain or injury worsen.

Contact us at 703-310-7610 to schedule your one-on-one session with our physical therapist.

Current care options include:

**YOUR THERAPY OPTIONS**

Care Option	Details
<b>VIRTUAL CARE</b>	<ul style="list-style-type: none"><li>• Connect with your PT online</li><li>• Covered by most insurances</li><li>• Flexible schedule</li><li>• Visit from the convenience of your home</li></ul>
<b>ONSITE CARE</b>	<ul style="list-style-type: none"><li>• One-on-one care</li><li>• Limited appointments available</li><li>• CDC guidelines followed to minimize exposure</li><li>• Priority to those with acute pain, need hands-on care, or seek post-operative care</li></ul>
<b>HYBRID CARE</b>	<ul style="list-style-type: none"><li>• Telehealth + virtual visit combination</li><li>• Alternate between onsite and virtual care</li></ul>

We understand safety is an important concern – it is our top priority too!

Therefore, we have implemented additional precautionary measures to ensure safe and effective therapy experience for all our staff as well as patients.

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The following steps have been taken to create a low-risk environment during your physical therapy visits:

### **Screening**

All patients are screened for Covid signs/symptoms before each session. Screening occurs through screening questionnaire and non-contact temperature checks. If you are exhibiting any signs or symptoms, we ask that you reschedule your visit at the later of 14 days or the elimination of symptoms.

All team members and visitors are required to undergo daily screening using questionnaire and non-contact temperature checks. Any employee or visitor presenting symptoms consistent with COVID-19 will be sent home according to CDC guidelines.

### **Spacing and Distancing**

- As always, all care is one-on-one with a licensed physical therapist
- Space has been reorganized to allow for increased physical distancing
- Staff schedules are staggered to enhance distancing & minimize exposure
- Vendors, Non-essential individuals are prohibited from entering the clinics or waiting in the reception area

### **Hygiene**

- Hand washing and hygiene protocols are in place for all patients and staff
- Hand washing is mandatory for all patients upon arrival
- Equipment is sanitized with each use
- Staff is equipped with gloves and appropriate PPE for min. skin contact
- Placed alcohol-based sanitizer is available for patient and employee use

### **General**

- Regular COVID-19 response meetings in place to assess patient and team member risk
- Follow ongoing guidance from appropriate authorities to continue minimizing risk

### **Are you accepting new patients?**

- Yes, we understand that pain and injuries continue to occur. If your insurance requires a script, a call to your physician's office may allow you to avoid an in-person doctor's appointment.

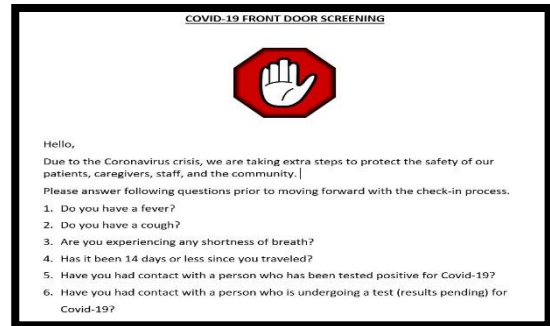
# OUR NEW NORMAL

Orthocare Physical Therapy Center has always taken pride in providing one-on-one care for our clients. Now, our one-on-one care model also helps minimize Covid exposure.

Additional precautionary measures to ensure a safe environment for your PT visits include:



Mandatory face mask



Daily Covid screening (incl. temp checks)



Hand washing mandatory upon arrival



Equipment sanitized with each use



One-on-one care while maintaining social distancing