



We have implemented several new protocols in response to the challenges of the COVID-19 pandemic. We are closely following the guidelines put forth by the American Physical Therapy Association (APTA), Centers for Disease Control and Prevention (CDC), and The Maryland Department of Health to ensure an environment that not only feels safe but comfortable.

With the safety of our patients and staff in mind, the following policies have been put into place:

- **When you schedule an appointment, and/or prior to each visit, you will be asked health screening questions. These questions will be asked again upon your arrival to the office along with temperature checks prior to each session.**
- **Contactless Sign-in and Payment: Patients will not physically sign-in for treatment however we will require your verbal consent to treat. Additionally, we will not be accepting cash or debt cards. Payments will be taken over the phone or kept on file at your discretion.**
- **We are staggering appointment times to allow for safe physical distancing between patients.**
- **Our waiting room is closed. We ask that you call or text us upon your arrival and wait in your car until we are ready for you. Unfortunately, visitors are not permitted at this time unless they are caregivers.**
- **Once health screening is complete, we ask that you wash your hands before entering the treatment space.**
- **Treatment rooms and touched surfaces will be sanitized after each use. We are dedicating extra time to clean treatment rooms thoroughly and to ensure sanitizing solutions have time to take effect.**
- **Air purifiers are in all treatment rooms and throughout the office. We use only medical grade H13 HEPA air purifiers that remove 99.97% of particles down to 0.1 microns. Our medical grade air purifiers clean 500sq ft in just 30 minutes.**
- **Please use the designated area to place any used equipment. We will thoroughly sanitize used equipment prior to its use by our next patient.**
- **We will be treating without pillows, if you or your therapist requires it, one will be made available for you.**
- **Please make sure to dress appropriately or bring a change of clothes (i.e. tank tops, shorts, loose fitting clothing) to allow for proper treatment of the affected area.**
- **Our staff will have designated clothing worn strictly for treatment and in-clinic only.**
- **Face Protection: Our staff and patients are required to wear face masks at all times. If you do not have a mask, we will provide you with one at your first visit.**
- **Hand sanitizing stations are located throughout the office.**

COVID-19 remains prevalent in our community; in the interest of public health, we continue to recommend virtual appointments from the safety and comfort of your own home.

We are committed to your health and wellness; however a safe and healthy environment requires all of our cooperation. Thank you in advance for your patience and understanding as we take these extra precautions to provide the safest environment for our visitors and staff.

We know that some of these adjustments can be trying and we sincerely appreciate your adherence to our protocol. If you have any questions about the steps we are taking to keep ourselves, our patients, and our shared community safe, please call us at 301-921-9818.

We are excited to welcome you again soon and do what we love to do!