

COVID-19 Updates

May 25, 2020.

I am very excited to open Dynamic Focus Physiotherapy for **in-person Physiotherapy on May 25, 2020**. The health and safety of each person entering the clinic is of the utmost importance. I prepared the clinic space and implemented new procedures to comply with recommendations from the Public Health Authority, CPTBC and Worksafe BC.

This will look a little different but I am committed to offer you a safe environment to receive hands-on, evidence based Physiotherapy and Oncology Rehabilitation service. The same service my patients expected for the last 10 years.

When scheduling an appointment you will receive some "**paperwork**" via email to complete prior to the IN-person appointment.

This include:

- **An appointment confirmation**
- **Intake form with some new consent fields**
- **COVID-19 Screening Questionnaire**

Some COVID19 procedures in place.

Patients are required to **wear a mask** to the clinic (fabric is acceptable).

Please arrive as close to the appointment time as possible to limit the number of people in the waiting room.

Mandatory **hand washing procedures** are in place

Limit the number of people accompanying the patient. (1 parent per child receiving treatment)

The Gym area is Closed for now

Treatment room is limited to 1 patient at a time with no curtains.

It has been a long 9 weeks of doing Telehealth only. I am very pleased to be able to **resume in-person treatment. Telehealth is still available**. I will assess each situation to determine the best course of treatment.

You can call the office at (250) 7583505 and leave a message or send an email to dynamicfocusphysio@shaw.ca. An online booking option is available on the website through the Jane App.

Office hours: Monday and Wednesday 9am -2pm, Tuesday and Thursday 9am - 5pm

March 23,2020.

At Dynamic Focus Physiotherapy we adhere to the physical distancing recommendation in the fight against the COVID-19 pandemic.

I am still closed for all in-person appointments. This closure will be in effect well into April but will keep you updated about changes.

I now offer **TeleHealth Physiotherapy sessions.**

A 1 on 1 Video conference sessions is a great way to continue your rehabilitation and meet your wellness goals.

Telehealth sessions are 30 minutes or 60 minute appointments. You can now book online.

During a virtual treatment you will receive my undivided, professional attention, just like an in person appointment. I will provide assessment, education, exercise demonstration and prescription. Home management and self treatment techniques will be demonstrated and practised.

Please contact me with information regarding booking Telehealth sessions.

I am available to take your phone calls or answer emails during a very challenging time for all of us.

Hours: Monday -Friday 9am - 12pm

Remember to stay active, stay healthy and be kind to one another.

March 18, 2020

At Dynamic Focus Physiotherapy, your health and well-being is my top priority.

As of Wednesday March 18, 2020, Dynamic Focus Physiotherapy is closed in adherence to recommendations by the Health Authorities and our Physiotherapy College.

I know that the COVID-19 virus can be alarming and a scary. At Dynamic Focus Physiotherapy, I see this as a partnership journey with you as we make it a priority to take care of each other.

All Appointments upto April 1, 2020 will be rescheduled. I will continue to monitor the situation and update the information. I am working on getting telehealth service(video conferencing) setup for those who need exercise progression.

We can all play a role in this joint battle with the virus.

Here are some tips that we can all follow in our daily lives:

- It is our duty to limit social contact and slow down the spread of the virus.
- Limit large gatherings
- Stay home and avoid public spaces
- Avoid contact with people who are sick
- Wash your hands frequently with soap and warm water (for at least 20 seconds). Alcohol based hand sanitizer is a good option if soap and warm water is not available
- Cover your mouth and nose with the inside of your elbow when coughing or sneezing
- Regularly clean high touch objects and surfaces
- Avoid touching your eyes, nose and mouth
- Look out for each other

- Stay active and get some fresh air.

At Dynamic Focus Physiotherapy, the health of my patients is the cornerstone of why I exist. I look forward to continuing to be a partner in your health and wellness journey and taking steps with my patients to create a healthy environment.

The team @ Dynamic Focus Physiotherapy