



YOUR HEALTH AND WELLNESS NEWSLETTER

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COVID-19 Edition Part II

Resuming Therapy During the Pandemic

Movement requiring physical effort, also known as exercise, is important to all individuals and has many proven benefits. It improves circulation throughout your body, keeps your heart healthy, muscles supple, respiratory function intact, bones strong, digestion regular, improves cognition, and is a healthy outlet for stress and anxiety. As we age, we naturally lose things like bone density, flexibility, strength, and more. Even more so, "if you don't use it, you lose it". When an individual is unable to move a body part on their own or move altogether on their own like they should, therapy is essentially important to maximize daily functioning, promote quality of life, and continue progression in neurorecovery.

Due to this pandemic, many have experienced an interruption in their daily routines and have been forced to take a hiatus from their therapy routine and/or exercise routine. Coming back to therapy is not so easy. It's more than just getting scheduled to come back. It takes determination, perseverance, commitment, acceptance, and resources. Not only does therapy consume you physically, it consumes you mentally.

It is important to be prepared when returning to therapy and realize it may take some getting used to the new norm. It's okay, we are right alongside with you, adjusting to this new norm in each our own ways. The truth is we don't know how long we are going to have to practice social distancing, but realize it may be here to stay for quite some time. However, with that being said, we do have it down pat in our clinic, as we have incorporated this from the start of the pandemic to keep clients, staff, and families safe. Your therapy and well being matters to us.

Resuming Therapy (Continued)

Once you are ready to take the next step in resuming therapy, here are some key things to keep in mind.

1. You will need a new prescription from your physician. Please contact us when you are ready to resume services, and we will request a prescription from your physician. Once we receive the prescription, we will call you to get you scheduled.
2. Your schedule may not be the same as it was before. At each clinic, we have a restricted number for capacity. We will do our best to accommodate your scheduling needs, however, it may be limited. Please be patient, as it may take some time to come up with a working schedule for you.
3. We will need to verify your insurance. Please have your insurance card ready on your first visit back.
4. We no longer have a typical "waiting room". We ask all visitors to wait outside of our facility. The only visitors that will be permitted in is: 1:1 caregiver needed for hands-on support or 1:1 parent/child.
5. Everyone will be screened prior to entry. This involves taking a temperature with a "no touch" thermometer in addition to screening questions related to Covid-19 symptoms and exposure.
6. Team meetings will not be held on campus, but will be facilitated virtually on a HIPPA compliant platform.
7. Give yourself grace. You may find that you have experienced some set-backs in your progress with therapy. This is to be expected. We will help you get back on track with your goals. You may also experience some emotions related to the new social norm. This is a normal part of adjustment. Please let us know how you are doing and feeling. It is important to talk about it.
8. If you have some concerns or don't feel quite ready to return, speak with our clinical directors. There may be other interim options available to you.

