



Covid-19 Patient Information Leaflet

Can I access Physiotherapy?

Postural Health Ltd are following Public Health England and Chartered Society Physiotherapy guidelines which advise that physiotherapists should be offering remote consultations first.

Remote consultations can be in the form of a telephone call, a Skype, Zoom or WhatsApp video call.

A physiotherapist may only offer a Face to Face consultation if:

- there is a risk of further deterioration,
- the patient has an urgent rehabilitation need that would require advice from a GP or other health professional,
- to support rapid discharge from hospital.
- Appropriate PPE must be worn by the physio during any Face to Face treatment. This would be a minimum of disposable gloves, apron and a face mask.

In our experience Remote physiotherapy is working well.

Gregg Spooner – known to all – has kindly reviewed the recent remote session with Patrick. “These sessions managed to target the pain that I am experiencing and I now feel in control with my ongoing home rehab program.”

We have been able to work with many conditions including back pain, shoulder pain, knee pain and even with people who have suffered from a stroke.

If, following a remote session, you feel that you need Face to Face physiotherapy - please return the completed consent form agreeing that you understand the risks of close contact treatment. Remote sessions are available during normal working hours but must be arranged in advance. Please call or email to book:

posturalhealth@aol.com

Tel: 01902 581 123

Mob:07855056707



IF YOU WOULD LIKE TO ACCESS PHYSIOTHERAPY PLEASE COMPLETE THIS CONSENT FORM

Do you or anyone in your household currently have Covid-19, or have had symptoms in the last 14 days suggestive of Covid-19 (including fever, cough, difficulty breathing, loss of smell)?

Are you currently awaiting the outcome of a Covid-19 test, or swab?

Have you been in contact with anyone who has been diagnosed with or has symptoms of COVID19 in the last 14 days?

Have you or a member of your household been officially advised to Shield?

I agree that I have answered all of the above questions accurately and honestly.

I consent to face to face physiotherapy being provided as a remote video consultation would not provide the specialist hands-on therapy needed to address the issue, my condition would deteriorate and I would need to seek the help of a Doctor or other health care professional without treatment.

I agree to my physiotherapist sharing information with my GP or other health care professional if they feel this is appropriate.

I agree to my personal details being stored as per Postural Health Privacy and Data Protection Policy.

I understand the well-documented risks of having face to face therapy and agree that Postural Health Ltd has taken every possible precaution to prevent me and the therapist from contracting or passing on possible Covid-19.

Name

Address

Signed

Date

Please note that the CSP advises that: **Droplet precautions** are use of a surgical mask, eye protection, gloves and apron, and this should be sufficient for mobilisation, exercise and rehabilitation in most circumstances (ref Thomas et al 2020)