



Since our closure on March 30th we've been working hard renovating MRPT. With Covid 19 in mind we've made sensible changes to keep you safe by mitigating risks in compliance with MHD, OSHA, and CDC guidelines. We now have 4 private exam rooms, a PT treatment area with 2 beds, a PT gym with one bed with well spread out equipment, a movement studio with 1 bed, 5 spread out Reformers, and a new dance assessment area. Our pool can safely space 4 people at the same time. Initially only 4 PT's will be working at a time in our 5500 sq ft space. LOTS of space between people, in fact you may not see anyone other than your therapist the entire time.

Our PT's are coming back in shifts with convenient hours to accommodate your schedule. We will continue all of our Zoom classes and Telehealth during the weekdays. We will only offer exercise classes in our studio on the weekends for people to attend. Join our lunch time Zoom Chair Yoga, Fitness, Reformer, Foot/Balance, and Beginner Ballet! In the comfort and safety of your home you will continue to improve and learn great self help tips while spending time with the PT and socializing with others.

When you come to MRPT here are a few things we have implemented to keep you safe and healthy:

- ❖ Before coming to MRPT take your temperature. Do not come for your appointment if it is over 100.4 or if you have a cough, or are short of breath. Call your physician instead.
- ❖ You must have a well fitting mask before entering MRPT. Take a seat in a chair before going to the front desk. Your therapist will meet you and take your temperature, oxygen saturation rate and a questionnaire to allow safe entry. We will give you a bag to put all your belongings in while in MRPT to be kept with you at all times on the floor.
- ❖ Before touching paperwork, pens, or signing in you will wash your hands. If you touch your face you must wash your hands again. Before using material straps on our equipment we ask that you don a pair of our socks that we will provide for you, remove them yourselves, and place them in our laundry bin. You must wash your hands before using Theraband. You can purchase your own TB, Magic Circle, or Stretch Strap and keep it in your bag if you like. We will launder, spray and clean after everything you touch.
- ❖ Only patients will have access to the facility, no visitors allowed. Patients needing help to function may bring their caregivers.
- ❖ No reading materials will be available for now, our Sharing Library will open soon. We ask that you use a credit card for copays. We will keep the card securely on file for your convenience and to minimize contact for repeated visits.
- ❖ You can also have therapy remotely! Most insurances now cover **Telehealth** for physical therapy. You have the opportunity to have an initial evaluation and a virtual treatment through a video communication. If the technology is new to you, no need to worry, we will walk you through the process.

We are ready to Get you Better, Be your Best, and go Beyond Ordinary! We look forward to seeing you!

Kindly,
Megan and Brian