COVID – 19 UPDATES

Peak Performance Physical Therapy Remains open. Physical therapy has been identified as an essential part of our healthcare system. The U.S. Department of Homeland Security has stated that we as a healthcare facility have "a duty" to remain an available health care service. *"Physical therapists are essential in flattening the curve of the COVID-19 pandemic. They play a key role in keeping people they can help, out of doctors' offices and ER's. This will not only free up the medical teams to treat those impacted by COVID-19, but also limit the exposure of those seeking the care of the physical therapist."*

Our commitment to our patient's and staff's safety during the COVID – 19 Pandemic is our top priority.

Our protocols are based on guidance from the Centers for Disease Control (CDC), MIOSHA, and State and Local Authorities. We will continue to update our policies and procedures to adhere to the recommendations as they continue to change.

Our goal is to ensure that our patients are confident in seeking physical therapy treatment at Peak Performance Physical Therapy. During your time at Peak Performance Physical Therapy, you can expect the following comprehensive measures to be followed.

Screening Procedures

Prior to entering the facility, we will perform the following:

- Temperature check with a no touch thermometer
- A series of questions to determine:

- o If In the past 14 days, have you been in close contact or cared for someone diagnosed with COVID-19 or you been diagnosed with COVID-19?
- o Have you had any these symptoms in the past 14 days?
  - Fever over 100.0
  - Persistent cough
  - Shortness of breath
  - Sore Throat
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste of smell
  - Congestion or runny nose
  - Nausea or vomiting, Diarrhea)

If you happen to answer yes to any of the questions within the screening process your provider will review your screening results and you may be asked to reschedule your appointment for a later date when you are symptom free or have a negative COVID test. During the time that you are awaiting the results or quarantined, our staff may provide telehealth services to ensure that you are meeting your health goals and REACH YOUR PEAK.

Delivering a safe and healthy experience for our patients

Our team has implemented multiple measures in lieu of COVID-19. These protective measures follow the recommended guidelines from the CDC, MIOSHA, and State and Local Authorities, many of these protective measures were in place prior to the pandemic.

- Screening patients each day upon entry to the clinic as described above.
- Screening staff members twice per day to ensure no symptoms have occurred.
- All staff wearing required PPE, and requesting all patients wear masks
- Hand sanitizing stations throughout each clinic
- Schedule spacing to minimize patient to patient contact to the best of our ability
- Treatment and exercise spacing within the clinics
- Disinfecting of surfaces and equipment after every use with medical grade disinfectants.
- Hand washing/hand sanitizer between every staff and patient interaction
- Scheduling seniors and other at-risk patients into lower-traffic hours when possible.

Limiting the Number of Visitors

During this time, we are limiting our patients to the number of visitors allowed within our facility. We ask that only essential family members, care givers attend the appointments with the patients. Currently our facilities have reduced to have only essential staff members within our facility.

We are confident we can continue delivering the same high level of patient care you've come to expect and receive from Peak Performance Physical Therapy. We are here to help you achieve your health goals and REACH YOUR PEAK!

If you have any questions or concerns, please feel free to call any one of our four clinics at (517)853–6800.

Remember "We are all in this together! **Stay, Healthy, Stay Active, Stay Safe!**"

Sincerely,

Jill Marlan

CEO and Founder of Peak Performance Physical Therapy

Additional Resources:

- What you Need to Know about COVID-19
- Facts about COVID-19
- Stop the Spread of Germs
- Travel