**HILTON HALL PATIENT CLINIC INSTRUCTIONS**

* Please wear a mask to clinic . This will be replaced with a mask provided by us to wear during your session.
* Please wait in your car for the physio to call you in for your appointment. Please bring in the bare minimum into clinic with you .
* Please enter the building via the back door which is located to the right of the main entrance where the physio / receptionist will meet you and take your temperature. If this is acceptable below 37.8 you will be taken to the physio room . At all times try and maintain 2 metres distance from other people and try not to touch anything.
* Before going into the physio room you will be asked to use hand sanitizer as you enter the physio room.
* The toilets will be closed for patients to reduce infection risk.
* The physio will ask you again some symptom questions that you answered on the consent form to check you are able to have physiotherapy face to face.
* The physio will be wearing PPE mask, apron , gloves and maybe a face shield .
* The physio will stay 2 metres away from you until they have to treat you .
* Payment for sessions will be contactless if possible via bacs or payment machine which will be wiped clean after use each transaction
* On leaving you will be asked to remove your mask and use hand sanitizer .
* When you get home wash your hands and /or use hand sanitizer .

**If you have any questions regarding this information please call Lyndsay on 07906 260391 or email her on** **admin@getfitphysio.co.uk****.**

We are looking forward to seeing you in clinic please try and adhere to these instructions so that we can keep you and your family safe and well .

Many thanks .

Lyndsay

Getfitphysio Ltd.