



## **Physiotherapy Appointments - COVID-19 Update**

Due to the recent outbreak of the COVID-19 virus, we will be offering Virtual Appointments and Telephone Consultations, alongside our usual Physiotherapy Appointments. These can be facilitated using SKYPE or ZOOM.

Phone call and virtual appointments will include; an in depth conversation assessing your condition, advice on how to manage your condition, and advice on whether you will require any further interventions or investigations.

Following your phone call or virtual appointment, your exercise programme will be available on the RehabGuru App (available on all devices, also accessible via the internet). There you will find a full layout of your exercises, including photos and videos of how to perform each move effectively.

An appropriate follow up time will also be arranged.

Each call will last approximately 30 minutes.

If you wish to book a phone call or virtual appointment, or have any questions regarding the changes, please don't hesitate to contact us at:

**[admin@fitandable.co.uk](mailto:admin@fitandable.co.uk)**

**01189340926**