
FULL MOVEMENT

Physio Performance - Response to Covid-19 Newsletter

Contact

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Physiotherapists

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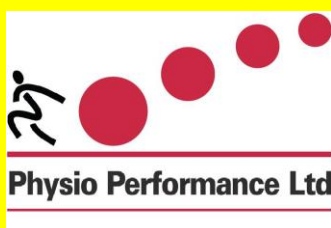
Jerome Wigger – Osteopath

Julia Tarbotton – starting July

Online enquiries

Online booking enquiries are available through the website

www.physioperformance.co.nz



Business as usual – June 2020

What a relief Alert Level 1 brings to us all. Level 1 enables Physio Performance to provide face to face consultations and much needed “hands on” therapy.

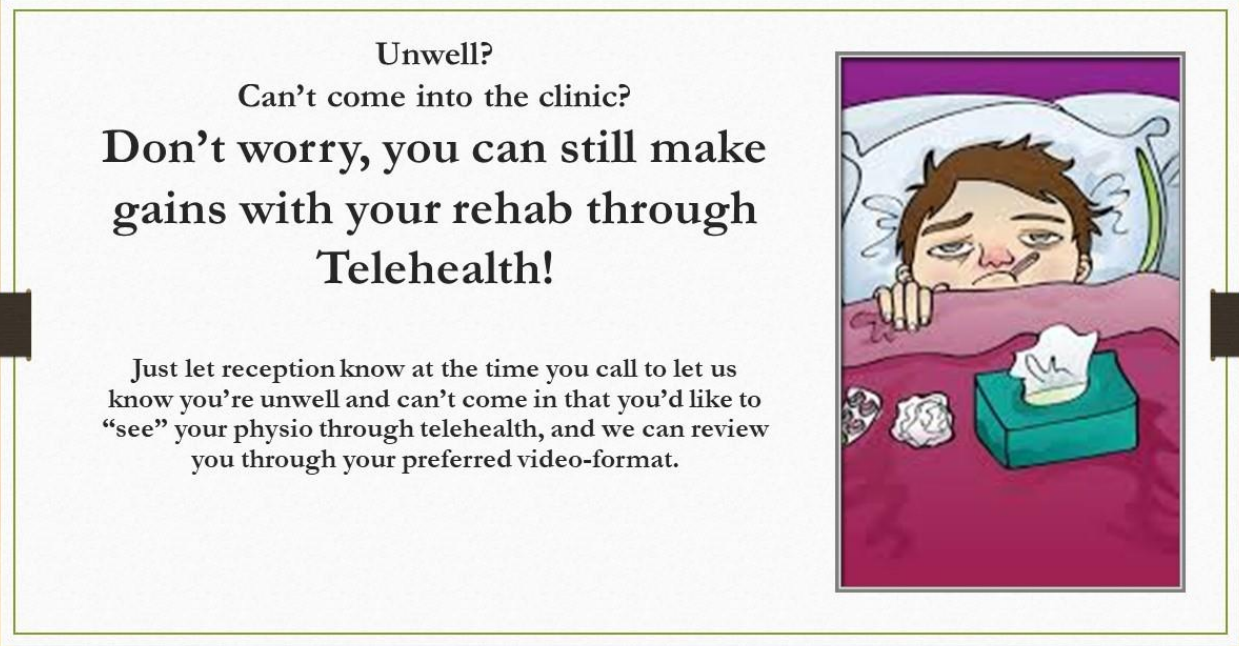
We will continue our stringent health and safety protocols to minimise any future risk should Covid -19 return. Hand sanitiser at the doors to the clinic will remain, linen on the beds will be minimal and changed in between patients, spray cleaning of the plinth in between patients will be ongoing.

Thank you for your continued support during Covid-19 lockdown and now, post lockdown. We look forward to touching base with you all and seeing you again in the clinic. As always, we’re here to help, providing hands on quality

physiotherapy service and care. Please keep in touch and let us know if Physio Performance can be of help to you.


News Flash

Telehealth services (phone/various video formats) utilized during lockdown can also be used during Level 1. We have the option to do either a telehealth or a face to face consultation – great news so



**Unwell?
Can't come into the clinic?
Don't worry, you can still make
gains with your rehab through
Telehealth!**

Just let reception know at the time you call to let us know you're unwell and can't come in that you'd like to "see" your physio through telehealth, and we can review you through your preferred video-format.



Physio Performance update

Our physiotherapists during lockdown utilized some downtime from patients to do some ongoing professional development. Some of the webinars attended were:

- Anatomy trains – myofascial slings
- MAP Network Mastering Lower Limb muscle injuries
- Running injury management symposium
- Assessing the shoulder, knee and hip by Axis sports medicine clinic
- Jo Gibson shoulder assessment series

Take care and we look forward to seeing you all soon.