



Janet Smedley M.C.S.P. Chartered Physiotherapist • Registered with the Health and Care Professions Council.

Guidance Notes

When attending Face-to-Face Appointments during Covid-19, alongside any information you have been given prior to your appointment, you should adhere to the following guidelines.

On arrival, please take a seat in the waiting area until I come out and ask you to come in. This will ensure that you do not have to pass or come in close contact with anyone else.

I will be allowing extra time between appointments to clean and ventilate the clinic room (including sanitising door handles, chairs, couch, and any other equipment used during your consultation) and change my PPE. If you have a mask, please wear it before you enter the reception area. If you do not have a mask, then I will provide one for you at the entrance. Please sanitize your hands, with the sanitizer provided at reception or with your own, when you enter the building.

You should have your consent form signed and ready to give to me unless you have previously emailed it to me. If not, I will provide a form and ask you to sign it with a previously sanitized pen.

During the treatment phase I will always wear PPE, contact will be kept to a minimum and I will endeavour to keep at a safe distance. When the treatment/assessment is over I will open the doors to allow you a safe exit. At that point you may remove any PPE if you wish.

I trust that this all makes sense and that you are happy to attend. If for any reason you feel uncomfortable with attending a face-to-face consultation, please call or text me to discuss your concerns or cancel the appointment.

Thank you.

Janet Smedley