



## **FINISHLINE PHYSIOTHERAPY IN-PERSON VISITS WILL CONTINUE**

We are closely monitoring the COVID-19 situation and routinely checking the [Alberta Health](#) and [Health Canada](#) websites. The health and well being of our patients and regular occupants of the clinic are a priority.

As of January 7, 2021, the Alberta Government has stated that private physiotherapy clinics can continue to provide in-person care. BUT care may only be provided if the following specific guidelines outlined by [Physiotherapy Alberta](#) dated May 1, 2020, are being followed.

### Future Appointments:

#### **LOCATION CHANGE:**

Patients who have regularly visited my home office will only be seen at my second location at ACTIVE BALANCE HEALTH CENTRE (ABHC) located on 19 Elma St. W. Okotoks, AB.

#### **CHANGES TO BUSINESS HOURS:**

Monday and Friday 7:15 am - 12 pm, 1 pm - 3:15 pm, Wednesdays 7:15 am - 1:30 pm  
Tuesdays and Thursdays 12:30 pm - 7 pm.

#### Scheduling:

- Online booking is still available.
- Consider reviewing the [Alberta Health COVID - 19 screening tool](#) prior to booking online or Call to book.

#### Arriving:

- We ask you to stay in your vehicle and text "Arrived" followed by your name at this number 403-982-0666 or 403-993-6337.
- Please have your COVID online Screening completed, this is automatically sent from the ABHC booking system 2 hours before your appointment time. NOTE: If you forgot to complete the screening, you will be screened over the phone before entering the building.
- Please only text the number no sooner than 5 minutes before your scheduled appointment time and wait for a call back before entering the building.
- We ask that you do your best to not bring anyone else with you to your appointment. Exemptions to this could include:
  - You are a minor.
  - You require assistance for mobility or communication.
  - The nature of your appointment booking invites you to bring someone, for example, a pelvic floor exam or treatment.

#### **Finishline Physiotherapy**

77 Sunset Cres Okotoks, AB T1S1P5

Phone: 403-982-0666 Fax: 403-982-1102 Email: [leona@finishlinephysio.com](mailto:leona@finishlinephysio.com)

### **Infection Prevention**

If you would like full details on clinic policy changes and infection prevention and control policies, I am happy to provide it to anyone that asks.

Prior to your appointment:

- Plan ahead by bringing your phone or [contact us](#) to let us know you do not have a phone to bring.
- You are welcome to bring your own PPE which may include a mask.
- You will be asked a [series of screening questions](#) upon booking an appointment.

Please let us know if you have any questions or concerns. We will continue to monitor the global situation and stay up to date by reviewing only evidence-based resources.

## **PELVIC FLOOR YOGA THERAPY CLASSES AND PHYSIOTHERAPY GROUP TREATMENTS**

All January - March 2021 classes will be completed virtually as in-person group classes are restricted by the current Alberta Government guidelines.

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