



948 San Pablo Ave.
Albany, CA 94706

**Welcome to Albany Physical Therapy, PC.
We are here to help you heal.**

Physical Therapists are essential health care workers, and APT has remained open with reduced hours during the early stages of the Covid-19 Pandemic to serve our patients with urgent needs. As of June 1, we are expanding services to include all community members. We will be following the Center for Disease Control and Alameda County guidelines. TelePT is also available for those patients who prefer PT in the safety of their home (if covered by their insurance). The following guidelines and protocols are designed to help keep you, our staff, and our community safe.

What you can expect from the staff at APT, PC

That we are:

- Taking the utmost safety precautions, using Personal Protective Equipment including masks; gloves and face shields as needed.
- Cleaning and disinfecting work areas, gym equipment and table surfaces before each patient's treatment.
- Establishing 6' physical distancing between patients.
- Minimizing the need for physical transactions at the front desk, such as signing credit card receipts and booking follow-up appointments in person. We are booking by phone.

What we ask of you at your next clinic visit:

- If this is your first visit, all paperwork is available on our website to download and complete: <https://www.albanypt.com/paperwork/#>
- **Please call us at 510-526-2011 to let us know that you have arrived at our office.**
- If you prefer, you may arrive 15 min. early to pick up the initial examination paperwork from the front desk administrator and complete the paperwork in the privacy of your car.
- All patients will wait in their cars until their scheduled appointment time, if possible.
- If you come on public transportation, or if your PT is running late, you are welcome to use our waiting area maintaining 6' physical distancing.
- Criteria for coming into the clinic include that you:
 - Are not sick or running a fever
 - Bring and wear a face covering. You will be expected to wear it during the entire treatment (we will have some available for patients if needed).
 - Consent to your temperature being taken before the beginning of each treatment with a touchless thermometer. Your temperature must not be > 100.5 degrees F.
 - Either wash your hands for 20 seconds, or use provided hand sanitizer, both before and after the treatment session.

Thanks for your trust in our PT care, which includes keeping you and our community as safe as possible, during the pandemic.

Liz Jennings, PT, DPT, Owner APT, PC

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