



Date: 16/03/20

### Online consultation Service Disclaimer

Whilst every effort has been made to minimise the risk of harm when participating in Online Consultations we cannot eliminate all risks associated. By entering into a video conference you are taking responsibility for your own health and safety, acknowledging that the physiotherapist will only be able to advise as they are not present within your home.

Our recommendations are:

- Do not undertake an exercise you do not feel safe or confident to do.
- Ensure your environment is clear from clutter and safe to exercise in.
- Ensure you are feeling well prior to exercising.
- Ensure you are in a quiet space to remove distractions.
- Family members can be present to support you with exercises if required.
- If you need to stop at any point let your therapist know.
- If you need to get on and off the floor then do so slowly and safely, if you are unable to do so let your therapist know.
- Ensure no pets are in the room as they could be a trip hazard.

We hope you are able to get the most out of this service and exercise safely during this challenging time.

If you have any questions feel free to get in touch.

Adam & team.



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