



FOUNDATIONS
PHYSIO

Date: 16/03/20

Online consultation Service

Dear Sir/Madam,

As I'm sure you are aware due to the outbreak of COVID-19 the government are recommending self-isolation and movement restrictions to vulnerable groups, this may well expand to the general population in the future. We are aware that this will likely mean cancellation of non-essential appointments and visitors. We are continuing to offer one to one home visits at this point.

As a service we are keen that people continue to move/exercise and are able to access a Physiotherapist should they wish to. In order to minimise the risk of infection we have decided to trial launching an online consultation service in order to keep people moving and motivated.

Your therapist will email over a link (check your junk mail) inviting you to join a video meeting, likely using a company called Zoom, (<https://zoom.us/>) you can sign up using an email account. This will provide a live video and audio link to your therapist who can spend time going through exercises and answering any questions you may have. Should you be using a phone or ipad you will be required to download an app called Zoom Cloud Meetings.

We have priced these sessions at £30 for a 30 minute call with one of our team, these can be booked in much the same way as a normal appointment time.

Should you be interested in using this service do get in touch on 07817495791 and we will arrange a time to suit you. We hope you continue to stay active at this difficult time.

Kind regards,

Adam & Team.



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