

We have missed you! And we appreciate that many of you are anxious to restart treatments, but also appreciate that you have concerns about safety and exposure to COVID-19. We do too. We are making lots of modifications in order to keep you as safe as possible. We continue to research best practices so that we can offer you the healthiest environment and least risk of exposure.

General Practices:

- One practitioner in the office at a time.
- Staggered client schedule to prevent client to client contact.
- Enter and exit through separate doors.
- Unscheduled time between clients in order to disinfect all surfaces of contact thoroughly.
- Practitioners will wear disposable gloves (and gowns, if contact required for manual therapy), KN95 mask and a face shield for all visits.
- Sneeze guard at the front desk.
- Social distancing between client and practitioner (whenever possible).
- Fans / air filters and open doors to “flush” the air out of the office between/during visits.
- Late cancellations due to illness waived.
- Telehealth visits, which can be substituted for in-person visits.

Upon Arrival For Your Visit:

- Health screening before admission, including for fever using a non-contact thermometer.
- No visitors will be allowed inside; drivers or family members will need to wait in the car.
- KN95 masks must be worn at all times by practitioners, staff AND clients (available at a very low cost) whenever you are in our office. Masks must be worn upon entering until leaving the office.
- Immediate handwashing with surgical soap upon arrival.
- Use of a “clean box” for your keys, phone, purse, clothing while you are in the office.
- We will have shoe covers available, or you may remove your shoes and put on clean non-skid (Pilates) socks.
- Pilates loops, handles and props available for purchase.

As you can see, things are and will be different than they were before the virus. Please know that we have everyone’s health and safety as our primary goal. Here is a closing thought from Asaf Bitton, a primary-care physician and public-health researcher who directs the Ariadne Labs at Brigham and Women’s Hospital and Harvard’s School of Public Health, in the New Yorker this morning. It really spoke to us:

...Stamina and trust. Social distancing is hard, and it just takes people out of their comfort zone. It’s annoying. Masks are annoying. Having to think about all these things is frustrating, and I get that people want to get back to their way of doing things. In order to maintain stamina, we have to build and maintain trust. And trust is, I think, one of the key ingredients to understanding whether or not we will be successful as a country, and as a state, and as a community in doing this.