



FREEDOM

PHYSIOTHERAPY

Freedom of movement. Freedom from pain.

THE COVID-19 ISSUE

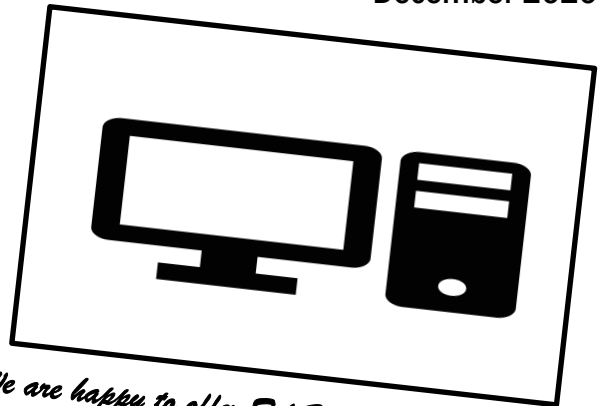
www.freedomphysiotherapy.ca

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WADING THROUGH MURKY WATER

Though the COVID-19 Pandemic has clearly made its mark on our lives, we must remain calm and resilient.

As we sit back and reflect on the craziness that has engulfed 2020, we must also appreciate and respect the lessons it has shown us. For some it has forced us to re-think our values and priorities. Some gained precious time with children and other loved ones that they perhaps may never have had. Others continued digging deep and worked even harder. Many had to discover new ways of doing things in order to simply stay afloat. And for most, we gained an opportunity, at some point, to put our feet up and enjoy some down time. Whatever the situation, everyone had unique circumstances, and we were all impacted by the events that unravelled in March. As we head into the holidays and a New Year, please remember to be kind... it's something we all have control over.



We are happy to offer TeleHealth services for your rehabilitation and strength and conditioning needs!

THIS ISSUE:

- WHAT IS TELEHEALTH?
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WHAT IS TELEHEALTH?

TeleHealth is the use of digital communication tools and software to remotely access health care services. These technologies may include cell phones, computers, cameras, microphones, as well as specific online platforms that facilitate such meetings between a client and their practitioner. At Freedom Physiotherapy, this means the use of online video-conferencing software to communicate with our clients both visually and verbally. This can be helpful for people who are unable to come to the clinic, or those who wish to stay home during this difficult time. The good news is that it is both free and easy for our clients, and the software used (Jane App and Doxy.me) is PIPEDA compliant.

This fantastic resource has helped immensely in our ability to provide our services to people during the COVID-19 Pandemic. Despite precluding manual treatment or hands-on movement coaching, it does allow our practitioners to verbally communicate a treatment plan with their clients, as well as watch their clients perform their exercises in a safe manner.

If you think TeleHealth might be an option for you, ask us. Though we always love seeing people in person, sometimes it just doesn't work out, and TeleHealth is the next best thing. It's free, easy to use, and keeps your health and safety a priority.



AT-HOME PROGRAMMING ADVICE

Exercising at home has become the norm this year as gyms and clinics have struggled to stay open, depending on current restrictions. Despite this, there are plenty of ways to continue progressing at home, with minimal equipment.

- Modify the range of motion to emphasize different segments of the exercise and target specific muscles/joints.
- Increase the number of repetitions.
- Increase the number of sets.
- Incorporate different tempos (eccentric, isometric, or concentric focus).
- If looking to invest in some of your own equipment, be sure it:
 - A. Fits your budget.
 - B. Fits your available space.
 - C. Is versatile and able to serve a multitude of purposes within that space.



TRAINING THROUGH AN INJURY

Being injured DOES NOT mean that you have to stop all training and rehabilitation completely. Nor should it mean that you need to be afraid of the gym. Ensure that you acquire proper treatment and quality coaching to address any concerns and to fix the movements that perhaps initially led to the injury. After that, it is a matter of finding what works, remaining safe and comfortable, and gradually increasing your working capacity.



THE IMPORTANCE OF GOOD HABITS DURING TOUGH TIMES

This year has been trying, to say the least. However, it has provided the opportunity to develop good habits, build your foundation, and create sustainable change that holds true, even on the worst of days. You can think big but start small. Build habits that won't let you down when you need them the most.

- 1.** Good habits are a result of every day mindfulness, awareness, and dedication to a certain task or behaviour. Stick to it day in and day out until it is rooted in your being. Then repeat the process.
- 2.** Be realistic. Not every day is going to be amazing. There will be days when it is difficult to maintain the good habits. Remain steady. Play the long game and stick to the process. In the end, you will be happy you did.
- 3.** Write the new habit down, remind yourself, and treat it like an appointment. You wouldn't just cancel any other appointment without serious consideration, so why should you treat your own health and well-being any different. Keep those positive habits at the forefront.

IN-CLINIC COVID-19 PROTOCOLS

We would like to kindly remind everyone of the various protocols we have implemented in the clinic to ensure our space is as safe as possible for our patrons and our staff. Please see below for current protocols, keeping in mind that these are subject to change, as the situation remains fluid.

- Answer the COVID-19 screening questionnaire prior to appointment.
- Patients must be symptom-free prior to presenting to the clinic.
- Extra people such as family members are discouraged from waiting in the clinic.
- Maintain physical distancing of at least 2m where possible.
- Diligent hand hygiene (hand washing, hand sanitizing) should be performed:
 - On entering the clinic.
 - On entering the examination room.
 - On leaving the examination room.
 - After using the washroom.
 - After using a tissue for their face.
 - After coughing or sneezing into hands.
- Water bottle fill station is available. However, the drinking fountain has been blocked off for the time being. Please bring a water bottle for your session.
- As per order and direction of the Provincial Health Officer (PHO), all patrons are required to wear a mask while in the clinic.
- Additional Resources:
 - <https://www2.gov.bc.ca/gov/content/home>
 - <https://www.canada.ca/en.html>
 - <http://covid-19.bccdc.ca/>

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