

Coronavirus Policy 4/17/2020

Alaska Hand Rehabilitation is **OPEN** and **HERE FOR YOU**. We are providing **in-clinic treatment** for post-operative, acute and essential rehabilitation. For all other conditions, we have become experts with **telerehabilitation** and can show you the way to independence.

Our guidelines for in-clinic treatment:

- If you have symptoms of any respiratory infection with no fever (e.g., cough, runny nose) please call ahead to reschedule your appointment or to schedule a telehealth visit, if appropriate.
- If you have a fever, please refrain from coming to the clinic until you have been fever-free for 3 days.
- If you have recently traveled by air, please wait 14 days before physically attending a therapy appointment.
- If you are considered to be at higher risk due to age of 65+ or to chronic illness, we recommend that you use your judgement but consider cancelling/avoiding any immediate on-site therapy appointments. If in doubt, consult with your primary care provider.

In-clinic infection precautions:

- Patients will wash hands or use hand sanitizer on entering and leaving the clinic.
- Patients and therapists are required to wear masks and gloves in the clinic.
- *All touched surfaces* in the entry, at the front office, and throughout the clinic area are disinfected hourly.
- We no longer ask patients to sign in—our staff will assist you. Magazines are removed.
- Our staff members who are in direct patient contact have been in state for at least 2 weeks placing them and you at lowest risk.
- Our clinic setting provides optimal distancing between patients during treatment. Private treatment rooms are available for those who request them and on an as needed basis.
- Visitors will be limited to those accompanying a child or an elderly patient.

About our Telerehab - Hands Across Alaska:

- Therapy is provided through online access for those with computer access.
- We work with insurance companies to obtain coverage of these appointments and encourage you to contact your insurance providers to insist upon financial support of these treatments.
- Our patient care coordinators are trained to make this process easy for you and to schedule the telerehabilitation appointments.

Give us a call and one of our staff will assist you to determine your best option.

(907) 563-8318