ELON PHYSICAL THERAPY

We have effectively put all physical therapy appointments on hold as of March 11, 2020. If you had an appointment with us at EPT, I have been in touch, personally. If you are a patient of ours or if you have been referred to EPT, please know that I am still available to you with a few guidelines.

If you have a condition that needs to be addressed in-person, I can see you beginning April 1st if:

> You have not traveled by means of airlines, buses, trains etc in the past 14 days

> You have not been exposed to someone with cold-like symptoms in the past 14 days

> You have not had cold like symptoms, yourself, for the past 29 days

*Cold-like symptoms: fever, body aches, shortness of breath, cough, sniffles.

I have ALWAYS used clean technique: gloves, > 60% alcohol, and Virex on contact surfaces. I do have a few n95 masks for the above situations although much of my supply has gone to a local hospital and not so local hospital.

If you would like to speak with me via text or a phone call, please just reach out. Most of you have my number: 919-271-4972. Professional and amateur athletes have always sent Instagram video links or used other platforms for me to observe and comment on. Please feel free to do this as well. You can find me on Instagram as Monica Zimmerman. My username is SportzPTsportzPT. I have not set up any charges for these services. Let's just get through the next 30 days!

A few links:

https://www.worldometers.info/coronavirus/coronavirus-incubation-period/

https://www.cdc.gov/coronavirus/2019-ncov/index.html

https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina

https://www.newsobserver.com/news/coronavirus/article241435376.html   (this link to the News and Observer is doing a serious news/entertainment sandwich ---a news story followed by some entertainment..like a Neil Diamond video or some other local talent)

A fun link:

https://www.youtube.com/watch?v=sPLgsV_Ms3Q