**Important Update on the Coronavirus (COVID-19) and Your Appointments**

**March 31, 2020**

**Greetings Practice Members and Friends,**

**It is my sincere hope that you and your family are doing well and staying safe in this unprecedented time in the history of our nation.**

**We continue to closely monitor the rapidly evolving developments relating to the Coronavirus (COVID-19). We will follow the mandates Governor Murphy imposes on the residents of the state of New Jersey as well as the most recent federal and CDC guidelines.**

**During this time, our highest priority continues to be the health and well-being of our practice members as well as our providers and staff who strive to provide you with an outstanding experience each time you visit our practice. Therefore, out of an abundance of caution and concern for the health and welfare of our patients and staff members we are closing our practice to in-office patient visits effective immediately and will be moving to 100% telemedicine services until further notice.**

**Although our practice will be closed to our practice members at this time, we will see new patients virtually and following up with our existing practice members via video and/or telephone telemedicine visits. For existing practice members, we can not only provide follow-up care to your current treatment program, but can also provide you with stretching programs to help maintain your flexibility while we follow stay at home orders. As you are probably aware by now, it’s definitely not good for your back and neck to spend the day on the couch catching up on Netflix or Hulu! Let us help you keep active!**

**With our present healthcare system under tremendous strain, we know people still struggle with acute musculoskeletal issues but shouldn’t be taking up critical time and energy at their primary care doctor’s practice, urgent care centers, or worse, the emergency room.**

**Phone and video consultations are available for new patients who need our services but wish to remain safe in the comfort of their own home. We can perform a new patient intake, the visual portion of a physical examination and can provide home care recommendations and/or home exercise protocols when appropriate until we can see them face-to-face in the office.**

**All our providers are available for telemedicine appointments including Dr. Jay Salik and myself for chiropractic, Drs. Joe Damiani and Maya Tarkiewicz for physical therapy and Sofiya Topchishvili for acupuncture.**

**Simply reach out to the office at 201-796-7772 or reply to this e-mail to schedule a telemedicine appointment. If you reach our answering service, just tell them that you wish to schedule a telemedicine visit and one of our staff members will contact you shortly to schedule you and provide you with all the details. Those patient who have been "seeing" us via telemedicine over the past week love it and appreciate us maintaining contact with them to monitor their in-home exercise plans!**

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**Some helpful reminders for all of us to help “Slow the Spread” of COVID-19:**

**• Wash your hands frequently and thoroughly and always before eating or drinking. Wash for at least 20 seconds with soap and water and use an alcohol-based hand sanitizer to kill germs.**

**• Avoid touching your eyes, nose, mouth, and face with unwashed hands.**

**• Cough or sneeze into your elbow or into a tissue. If you use a tissue, dispose of it in the trash immediately.**

**• Stay at home unless it is absolutely necessary to leave your house.**

**We thank you again for selecting our office to serve your healthcare needs. We do not take the confidence you have in us lightly. Please do not hesitate to contact us at 201-796-7772 if you have any additional questions or concerns.**

**We encourage everyone to please follow the guidelines set forth by our federal, state and local governments. Together we are strong and can overcome this pandemic as quickly as possible! Stay well and stay safe!**

Respectfully,

John Cintineo, DC

Facility Director

Academy Spine & Physical Therapy