

Expertise in exercise and manual therapy



To all our Valued Clients,

At Physio Gym we pride ourselves on the care we take for our patients. We understand people are anxious about Covid-19 and exposure in the community. I would like to reassure you that we are well prepared and experienced to manage these circumstances.

As a medical facility we have over 10 years of experience working with patients with high risk lung diseases. As such, we have developed the environment to allow safe and hygienic exercise. Importantly, we are skilled as medical professionals to help you build resilience to diseases by improving lung function and providing solutions to reduce your risk factors. This may be one of your best strategies in fighting against a disease like Covid-19.

Measures at Physio Gym that ensure high standards of cleanliness and hygiene to maximise your safety are:

- You are treated by medical staff trained in the standards of medical hygiene
- There are 4 hand washing stations with soap, paper towels or hand driers
- Hand sanitisers are stationed throughout the practice
- Three exercise equipment wipes stations
- Social Distancing of exercise equipment to ensure a 1.5m safe zone
- Frequent disinfecting of our facility throughout the day of toilets, door handles, equipment, stair railings, desks and surface areas

The environmental advantages of the Physio Gym space against spreading Covid19 are:

- The space is large (450m²) allowing plenty of space for patients to maintain a 1.5m Social Distancing capacity
- The ceilings are high, offering good air circulation
- Plenty of natural sunlight that help kill germs
- Air quality is maintained, as air conditioning is not shared with other businesses, with two separate systems operating independently

Simple things that you can do to help maintain a safe environment are:

- Washing hands in bathrooms upon entering
- Using hand sanitisers
- Wiping down exercise equipment after use
- Bring your own clean towel to use while exercising
- If you do not have a towel, ask staff for a towel (a gold coin donation is appreciated)
- Do not attend if you are feeling unwell, have any flu like symptoms, or have been in contact with a person recently diagnosed with Covid-19.

560 Parramatta Road
Petersham NSW 2049

PO Box 111 Leichhardt
NSW 2040

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physiogym.net.au

PHYSIOTHERAPY

Sports Injuries
Back and Neck Pain
Headaches
Women's Health
Exercise Prescription
Casts and Splints

HIGH PERFORMANCE

Athlete Screening
Elite Training
Sports Coverage

REHABILITATION

Surgical
Stroke
Cardiac
Diabetes
Neuromuscular

EXERCISE

Physio Gym[™] Pilates
Physio Gym[™] Yoga
GYROTONIC[®] Method

Physio Gym[™] wholly-owned
by UMP Holdings Pty Ltd
ACN 156 259 451

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New Dedicated Hygienic Hours in which equipment is cleaned hourly

- 9:00am – 5:00pm Monday – Thursday
- 7:00am – 1:00pm Friday
- 8:00am – 2:00pm Saturday

Communicating in a time of anxiety or crisis

Matthew and the team will be engaging through social media platforms and members only content, to keep engaged with all our members. Your health and wellbeing are paramount we will provide important information using

- Website: www.physiogym.net.au
- Facebook: Physio Gym TM Physiotherapy
- Instagram: [physiogymphysio](https://www.instagram.com/physiogymphysio)

Physio Gym online consultations

Some of our patients may have been advised to stay home. For people interested we will aim to offer virtual consultations. This will keep you safely doing your physiotherapy exercises at home. We can adapt your current exercise program for home on our Physio Gym exercise software on your phone.

During these uncertain times, it is only natural to feel the need to retreat and stop doing the things we love and get enjoyment from. We appreciate your ongoing support for our local businesses that pride themselves in keeping you safe and happy. We also ask if you can let other people know about us. We will continue to monitor and implement the advice and recommendations from health organisations. In return, we ask that you refrain from visiting if you are showing symptoms, have travelled outside the country in the last 14 days or if you have been exposed to anyone positive with Covid-19

Thank you for your understanding and support,

Matthew Squires and the Physio Gym Health Care Team.

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