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|  | | |  | Coronavirus update 30/03/2020 Physiotherapy Unfortunately, due to the ongoing pandemic, government advice and guidelines from the Chartered Society of Physiotherapy, we are currently unable to offer face to face Physiotherapy assessments or treatments except in cases of emergency. This includes preventing visits to A+E or GP surgeries to relieve pressure on the NHS and hospitals.  Lily House Consulting rooms has been closed since 23rd March 2020 so any In Person sessions have to be done within client homes. If you have any vulnerable or high risk people in your home environment, then again, we will not able to put your family members at risk and will offer a virtual consultation instead.  We are able to offer virtual appointments using Zoom (sign up for free at [www.zoom.us](http://www.zoom.us))  We can discuss your symptoms and the pattern of any pain, see you doing certain movements, give advice, talk you through specific exercises to help stretch, strengthen, build control, improve balance and send out personalized exercise program. We can advise on taping and send tutorial video’s on how to do it. We are thinking on our feet so there may well be other ways we can do “virtual physiotherapy”  Most insurance companies are currently covering these sessions on their policies, but do contact your insurance company to check. Pilates We have also had to suspend all of our group Pilates classes with immediate affect under the current advice of the government to minimize any “non-essential social contact”.  We are, however, running live online classes with Zoom <https://zoom.us/>, an interactive meeting and teaching tool which is free for you to download.  Classes are cheaper, more convenient and most importantly safe for all.  The timetable is variable due to childcare but there are several evening and daytime classes running each week plus antenatal classes Wednesdays at 7:30pm. |
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| We wish you well in these very strange times. If you have any other queries or questions, please don’t hesitate to get in touch  Sincerely,  Esther, Carolyn and Katie  The Esther Marshall Physiotherapy and Pilates Team |
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