



# Sports Rehabilitation



## Sports Rehab Continues to Fight COVID-19!

By Jessica Ciborek, Physical Therapist

The third wave of coronavirus has already hit northeast Ohio. As we prepare for the cold winter months, many families find themselves asking questions like these:

- Is it safe to hang out with some friends, even though we'll now be inside?
- Will basketball, volleyball and indoor soccer be safe?
- If my kid's school goes virtual, will indoor sports will be shut down?
- Should I continue to send my child to physical therapy at Akron Children's?

Definitive answers are difficult to come by these days, understandably so. Our Akron Children's Sports Rehab staff has implemented several safety measures to ensure we are doing our part to reduce the spread of COVID-19.

### Extra sanitization

Additional hand sanitizer stations have been installed in all 4 of our Sports Rehab clinics. Patients are directed to sanitize upon entering and exiting their therapy appointments. We sanitize equipment throughout the day with hospital-grade cleaning supplies.

### Required face coverings

Masks are required to be worn by all staff, patients and families at all times. In addition, clinicians who are treating patients are required to wear goggles or a face shield with their masks.

### Reduced numbers in the gym

Patient time slots are 45 minutes each to allow for fewer people in the treatment gym at the same time.

### Temperature checks and screenings

Upon entering any Akron Children's building, each person will receive a temperature check and be screened for COVID-19 symptoms.

### Mobile Check-in

Patients check in from the parking lot on their phones to avoid any extra waiting time inside the building.

### Decreased traffic

Hallways, clinics and waiting rooms are marked to provide a one-way flow of foot traffic throughout the buildings.

### Telehealth option

Telehealth options are available for all patients. Our clinicians used this option back in April/May. We were surprised how much we were able to accomplish from a rehab standpoint. We feel confident with continued use of telehealth as needed.

[Click here](#) for further information regarding Akron Children's Hospital's response to COVID-19. We look forward to seeing your kids in our clinics throughout the winter months, whether in person or virtually! Stay safe. Stay healthy.