



Ortho-One Orthopaedic Speciality Centre

Updates April 2020



Prevention of Covid-19

World Health Organization (WHO) and The Centers for Disease Control (CDC) recommend these precautionary measures for avoiding COVID-19:

- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 70% alcohol.
- Maintain at least 2 metres physical distance between you and those who happen to cough or sneeze.
- Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Throw away the used tissue paper. Avoid touching your eyes, nose and mouth.
- Clean and disinfect high-touch surfaces on a regular basis.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and stay away from big gatherings.
- If you have a fever, cough and difficulty breathing, seek medical attention. Call in advance.

Precautionary Measures

Taken For Covid-19 at Ortho-One

- We follow maximum hygiene such as washing of hands with soap and using of face masks.
- Fumigation is done in all areas.
- Surfaces are kept clean and tidy.
- Physical distancing is maintained effectively.
- Temperature is monitored for patients and Staff before entering the premises.
- Queue Manager is placed at the entrance for monitoring.
- Hand gloves are used in all the departments. The patients are directed to sit in the OP Chairs with Physical Distancing.
- AC is not switched on and the patients are restricted to touch the surfaces.
- The beds in the OP Consultation Rooms and Physio Rooms are being disinfected after patients are checked every time.
- Hand wash is followed by all the members every hour.
- Personal protective equipment is used to prevent transmission of Covid - 19



Lockdown home physio program for aches and pains

Due to the lockdown many people have been unable to do outdoor exercises. With this in mind, Ortho-

One organized a few online physio sessions. The topics were Shoulder, Low Back, Neck Care Flexibility, Knee Arthritis, Push Up's etc. and many participants benefited from these programs.

Our inhouse fitness program will resume shortly once the lock down is lifted. However in the meantime, do check our website for some exercise videos <https://www.ortho-one.in/videos>. You can also join our

exclusive live sessions on Tuesdays and Saturdays. Please do check our facebook page for more details regarding the sessions <https://www.facebook.com/OrthoOne>

Making of the Face Shield

Due to the shortage of face shield, The Ortho-One team came forward to create Face Shield at the premises.



Mr. Billy Carter and other departments were all part of this creative team. Non Woven Fabric Material, OHP Transparent Sheet, and Sponge were used to make the Face Shield.



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