

Montville Physical Therapy is Taking Extraordinary COVID-19 Precautions to Protect Patients

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Montville, NJ -- A physical therapy center in New Jersey has take extraordinary steps to protect their patients and staff from COVID-19.

Earlier this year, the doctors at Montville Physical Therapy watched many non-emergency medical facilities get forced to shut their doors as the COVID-19 pandemic raged across the country. Montville Physical Therapy took quick action and remained open the entire pandemic, not closing its doors once. While patients from other practices felt uneasy about getting treatment and procedures elsewhere, patients felt safe at Montville Physical Therapy.

“Many physical therapy centers implemented all the CDC recommendations -- gloves, masks, disinfecting, social distancing -- but patients are still reluctant to get treatment. And with good reason, especially since the airborne nature of the virus becomes more clear. As far as we were concerned, the CDC measures were only the beginning. This is why, in early spring 2020, we began to implement more aggressive measures that together created the only Medical Safe Zone for physical therapy and chiropractic care in Montville, New Jersey,” said Ryan Skripak, Clinic Manager.

What is a Medical Safe Zone

The directors and staff at Montville Physical Therapy wanted to ensure patients stay safe from COVID-19 exposure while receiving necessary treatment. The staff implemented the use of N95 and KN95 masks instead of the standard surgical masks. This team understood the limitations of surgical masks commonly worn in medical settings. Using high-grade masks, such as N95 and KN95, have been proven to filter 95 percent of particles down to .3 microns.

Because of the human contact nature of physical therapy, the center leadership implemented weekly

antibody rapid response testing. Every team member of Montville Physical Therapy gets tested weekly for COVID-19 antibodies.

Clinic Managers turned to facility-wide systems and protocols that could defeat viruses moving through the air. Installing a top of the line medical-grade air filtration system was of utmost importance to prevent potential transmission. The center features a hospital-grade, anti-microbial filtration system that is proven to kill viruses upon contact. For additional layers of protection, the staff installed three types of ultraviolet air sterilization equipment.

“Our three-pronged approach to COVID safety, our Medical Safe Zone model, is the answer to offering safe physical therapy to our patients. While we continue to follow the CDC standards (masks, extensive sanitizing, gloves, and social-distancing), we treat these requirements as bare minimums. We feel we can do much more, especially in closed indoor spaces where the air is recirculated and shared through an HVAC system. With our advanced sterilization and air filtration systems, our patients know we are doing everything possible to keep them safe.” Skripak continued, “We are now offering guidance for others who would like to establish their own Medical Safe Zones.”

As medical professionals, the staff at Montville Physical Therapy have become experts in the nature of viruses and how they are transmitted. Implementing Medical Safe Zone protocol allows patients to make safer, more informed choices and have confidence in their care. The entire organization, The New Jersey Centers of Physical Therapy (encompassing four locations: Montville Physical Therapy, a Riverdale location called The New Jersey Center of Physical Therapy, Paramus Orthopedic Physical Therapy, and Wayne Orthopedic Physical Therapy), believes in the integration of medicine, science, and technology. Their Medical Safe Zone protocol is an invaluable approach to fighting COVID-19 transmission. Learn more about the center at the Montville Physical Therapy website.

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Montville Physical Therapy

Are a dynamic, customer service oriented Physical Therapy practice in the heart of Montville, NJ. We have created a Medical Safe Zone with advanced testing, cleaning, and personal protection parameters to get you back to doing what you love!

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