



SNOW
SPORT
&
SPINE

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ORTHOPAEDIC MANUAL THERAPY CENTER

Snow Sport and Spine COVID Policy

Effective January 1, 2025

Dear Snow Sport and Spine Community,

We have simplified our COVID policies based on current CDC guidelines.

We will monitor the status for Knox County and if it is "**Low**" masks will be optional if it is "**Medium or High**" masks will be required.

We will provide disposable surgical masks if you need one for any reason

If you have had an exposure and are asymptomatic prior to your appointment:

- Please take a COVID test at home
- If negative, you may come to your appointment but please mask.
- If positive, please cancel your appointment. You may reschedule your appointment 5 days later if you do not have a fever and are getting better. You will be required to wear a mask in the office on days 5-10.

If you have any COVID symptoms, but no known exposure, and have a negative test the same day of your appointment:

- Please come to your appointment if you feel comfortable and wear a mask. If you do not feel comfortable you may reschedule.

If you have COVID symptoms and have a positive test:

- You will need to isolate for 5 days and cannot be seen for an appointment.
- If you live in a household with someone who cannot wear a mask (children 2 and under) and they have a positive COVID test you will need to isolate for 10 days.
- You may be seen for an appointment if you are on Day 6 or more of isolation, are fever-free for 24 hours, and are getting better.

You will find a further list of adjustments below:

1. We will continue our no penalty reschedule and cancellation policy for **ILLNESS** related cancellations.
2. If for any reason your therapist feels that it is not safe to begin treatment, we will reschedule your visit.
3. Please check-in at reception and if your therapist is not ready, please make use of our waiting area.
4. If you would like your therapist to wear a mask, please mention this during check-in.
5. Please wash your hands or use our hand sanitizer in reception when you enter.

Remember we are continuing to offer telehealth visits. To learn more read: [Telehealth Program](#)

If you have any questions, please call our office and Pam will help you decide if it is best to reschedule your appointment.