

Alexandria Myotherapy, Inc.  
333 N. Fairfax St., Suite 303  
Alexandria, VA 22314  
[www.alexmyo.com](http://www.alexmyo.com)

We have worked hard to prepare ourselves and our office to offer therapeutic massage that is both effective and reasonably safe. As you know, there is no good way to be socially distant during a massage, even with both parties wearing masks and with the sanitizing we will do between clients. As always we will work with you to make you as comfortable as we can.

By now you are probably familiar with the many altered procedures due to the pandemic. We will be asking the following of you:

**For new clients:** Please click on the Appointments tab to find our forms. Print out the forms, fill them out, and fax them to 703-549-2770, scan and email them to [info@alexmyo.com](mailto:info@alexmyo.com), or bring them to your appointment. If you are unable to do this, please let us know in advance, and count on coming at least 15 minutes early to fill them out in our office.

**For returning clients:** Please print, fill out, and sign the COVID Consent Form and bring it to your appointment. We will also have these forms in the office.

**For all clients:** When you come to your appointment, please wait in your car, or outside, or in the shelter of the garage until we phone you. Between five and ten minutes before your appointment, your therapist will call you to let you know that you may come up to the office. You will be asked about any possible symptoms of illness.

If you have any signs of illness please cancel your appointment. We have never charged for late cancellations when they occur because of illness.

Please wear a mask when you enter the office. Your temperature will be taken with a no-contact thermometer. There will be hand sanitizer available as you enter, and also in the treatment room. If possible, you will be taken immediately to that room.

We are temporarily limited in the number of people permitted to be in our office. Unless you need assistance, please do not bring a companion with you, but do let us know if you have a special need in this regard.

We are grateful for your patronage and for your patience and look forward to seeing you.