

I hope this note finds you and yours well during this period of uncertainty. I am writing this letter to you as you have stopped by our office for care over within the past month.

Hopefully, you are doing better and do not have an urgent need for our services. However, if you have an immediate need for care that persists, I wanted to share with you a few options our office is taking for an evaluations and treatments:

1. Our daily schedule is modified to minimize or eliminate your time in the waiting room by adding time between patient visits and allow for safe distancing between people.
2. Taking extra time for additional disinfection of the premises.
3. Shortened our overall days/hours to allow our staff to spend more time at home with their families as recommended by health guidelines.

As you know our office offers multiple services. some may or may not be available during the time you can visit us. However, based on a number of requests, I am going to now add a "Telehealth " component to the practice for the next several weeks. This will give you and I an opportunity to converse about a health issue and provide suggestions for your use if possible in lieu of treatment in the office itself. We also in many cases will be able to email examples or demonstrations of certain treatment protocols we would other wise teach you during your regular visit. Obviously, we cannot perform adjustments/manipulations or massage, however we can instruct you on exercises, manual therapy techniques, nutritional options and even some pain management suggestions. We also can order diagnostic testing if that would be required as well. (There may be a small consultation fee for the telehealth option)

Please feel free to call the office at 203 838-9795 to schedule an appointment or a telehealth consultation. Our goal is to be here for you as we have been for almost 40 years even in these most difficult of times.

If the tape is on and you wish to speak with me there is an option to choose that will give me your call back number through our emergency service. Alternatively please feel free to send me an email at doco57@aol.com.

Given that each day seems to bring seismic changes in guidance I am wishing you all the best in this period of confusion.

Sincerely yours,

Keith Overland, DC, CCSP, FICC