



Outpatient rehabilitation for post-COVID-19 patients.

Patients recovering from COVID-19 may be experiencing one or more of the following symptoms, conditions, or complaints:

- Balance issues and/or falls
- Cognitive changes
- Decreased oxygen saturation
- Extreme deconditioning
- Postural changes and/or pain
- Vestibular issues
- Weakness
- Weakness and/or soreness of vocal folds

How can therapy help?

- **Improve endurance**—for activities of daily living, return to prior level of function or exercise, including weaning from oxygen as indicated through individualized exercise prescription and patient education
- **Improve strength**—through therapeutic exercise and functional activities and training
- **Decrease pain**—through manual therapy, modalities, and education
- **Improve posture**—through manual therapy, exercise, and education
- **Improve breathing pattern**—through training and education
- **Improve balance**—through individualized balance program
- **Assess for equipment needs**—including bracing, assistive, and/or adaptive devices
- **Cognitive retraining**—for activities of daily living and functional tasks

Key questions to ask post-acute COVID-19 patients to screen for referral to therapy:

- Are you having trouble returning to your level of function prior to your illness?
- Do you have difficulty breathing with your daily activities or exercise?
- Do you have pain that was not present prior to your illness?
- Have you had persistent falls or loss of balance since your illness?
- Do you have any problems with memory or attention since your illness?
- Do you have any trouble swallowing?
- Do you have persistent dizziness since your illness?

If your patient answers “yes” to any of the above, a referral to outpatient therapy is indicated.