



Rehab News

MARCH 2021

Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

The COVID-19 Recovery Process & Your Body

The COVID-19 virus has impacted the health of millions of people. Research studies have shown that COVID-19 affects your body in several different capacities. As pulmonary issues are the most widely known complication from COVID-19, the virus can also affect your heart muscles, brain function, muscle strength, activity tolerance, and overall functional mobility. If you had COVID-19, you may need therapy to get you back to good health.



Post COVID-19 Recovery Program



Our Post COVID-19 Recovery Program helps individuals who continue to have lingering effects from a battle with COVID-19. Our program utilizes physical, occupational, and speech therapists to provide strength training that aims to restore lost muscle and exercises focused on improving lung function and activities of daily living.

Our goal is to ensure you get back to an independent and active lifestyle.

Treatment Can Help Improve:

- Strength
- Endurance
- Balance
- Mobility
- Swallowing
- Communication
- Memory
- Daily Living Skills (bathing, dressing, cooking, and cleaning)



In order to participate in this program, you must have a doctor's order for therapy.

For more information about this program, please contact your on-site HTS Therapy Department to discuss your treatment options.