

COVID-19 RECOVERY AND REHABILITATION



For people of all ages, **COVID-19** has limited the ability to participate in regular physical activity resulting in deconditioning, increased effects of chronic disease and comorbidities, and reduced functional capacity. Research shows there can be long-term and secondary impacts of **COVID-19** on the body, such as chronic fatigue, loss of muscle strength and endurance, reduced heart and lung capacity, pain, impaired balance, cognitive deficits, and reduced walking ability leading to a loss of function and independence. As a leader in Physical, Occupational and Speech Rehabilitation, **Halcyon Rehab at Home** offers a treatment program for patients recovering from **COVID-19** to rehabilitate them through the physical challenges and return them to their previous level of functioning in the home.

Importance of Post-COVID Recovery

Hospitalized **COVID-19** patients experience extended periods of bed rest with resulting muscle weakness from inactivity. Upon discharge from the hospital, patients require therapy services to address decreased endurance and fatigue, pain, muscle wasting, cognitive changes, self-care performance, and functional mobility. Post-hospitalization, rehabilitation recovery programs are critical for the geriatric population in order to address essential functions required to return to normal physical, social and recreational activities.

Post-Acute COVID Therapy Recovery Program

The **Post-Acute COVID Recovery Program** at **Halcyon Rehab at Home** is delivered according to the needs of each individual patient in order to provide the expertise required to return patients to previous home and social roles. **Halcyon Rehab at Home** clinicians perform a thorough evaluation on every patient and design an individualized treatment plan based on the COVID patient's impairments and functional deficits.

Monitoring Vitals: Consistent clinician monitoring of vital signs each treatment session in order to prevent any potential medical issues and/or hospitalization. Vital sign monitoring can include blood pressure, heart rate, respiratory rate, oxygen saturation levels, and temperature.

Pulmonary Interventions & Breathing Exercises: Retraining of breathing patterns, breathing exercises and education in order to strengthen the muscles of your chest and open up the airspaces in your lungs as you recover from your illness.

Muscle Strengthening & Conditioning Exercises: Individualized exercises and activities to address generalized muscle weakness, muscle loss and decreased endurance that can occur after a lengthy hospital stay or prolonged illness and inactivity.

Mobility Training & Balance Exercises: Targeted exercises and skilled therapeutic interventions to improve stability, balance, posture, core strength, safe mobility, and prevent falls.

Self-Care & Home Management Training: Functional treatment interventions to improve self-care and daily living skills including bathing, dressing, toileting, tub/toilet/bed/car transfers, preparing a meal, medication management, and household management tasks.

Swallowing Exercises and/or Dietary Modifications: Speech therapy treatment interventions can include diet modification, compensatory strategies, and swallowing exercises. In addition, speech therapists can address some of the long-term outcomes of the problems associated with dysphagia and respiratory distress on voice and communication.

Cognitive Rehabilitation: Treatment interventions for optimizing cognitive functioning that target impaired memory, reduced attention, and difficulties with problem solving.

Home Safety & Modification Assessment: A comprehensive Home Environment & Safety Assessment to identify any necessary modifications in order to eliminate any potential hazards, prevent falls, and improve safety and functionality.

Patient & Caregiver Education: Skilled instruction, training and education in areas such as energy conservation, activity modification, illness/disease management, home exercise program, safety techniques, adaptive/assistive equipment, etc.

Halcyon Rehab at Home offers outpatient Post-Acute COVID Therapy Recovery services one-on-one in the comfort of the patient's home, as well as remotely via teletherapy services using a HIPAA compliant virtual video platform on a smartphone, tablet or computer.

For any additional information and/or questions, please do not hesitate to contact us at:

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