



# PARABOLIC

PERFORMANCE & REHAB

## POST COVID-19 RECOVERY

Patients recovering from Coronavirus (COVID-19) may be hampered by COVID related symptoms which delay their ability to return to a normal lifestyle.

### COMMON SYMPTOMS POST COVID-19

- Fatigue
- Shortness of Breath
- Muscle weakness/Joint pain
- Chest pain/Cough
- Headaches/Cognitive Impairments



### PHYSICAL THERAPY FOR RECOVERY FROM COVID-19

- **Exercise Training**
  - Strengthening of UE, LE and Breathing musculature
  - Aerobic Reconditioning
  - Stretching
  - Dynamic Balance Activities
- **Manual Therapy**
  - Torso and Chest wall mobility
  - Diaphragmatic breathing, stretching and mobilization of the rib cage
  - Soft Tissue Mobilization of deconditioned extremities
- **Breathing Education**
- **Postural Education and training**
- **Education**
  - Relaxation
  - Energy Conservation
  - Activity Modification
- **Progression to ADL's and Higher Intensity Exercise**

The Doctors of Physical Therapy at Parabolic are equipped to help patients recover, and progress from the residual effects of COVID-19. Our hands-on and education-based approach to functional movements empowers our patients to return to normal activity, sport, and life, in a manner unparalleled by our competitors.

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