



# Post-COVID-19 Recovery Program

Trouble getting back to your old self after COVID-19? You're not alone. An estimated 10 to 30 percent of COVID-19 survivors are experiencing persistent symptoms lasting for months after recovery. Shortness of breath, chronic fatigue, cognitive "brain fog" issues, difficulty eating and drinking, speech and language problems, cardiac issues, plus the anxiety or depression often associated with these challenges, can affect almost every aspect of life and make resuming previous activities harder than expected.

At Pomona Valley Hospital Medical Center (PVHMC), we recognize that post-COVID-19 recovery is a complicated, multi-layered process. Our experienced **Pulmonary Rehabilitation Certified** Respiratory Therapist leads a highly skilled multidisciplinary therapy team who carefully evaluates symptoms, tests each patient's underlying physiologic impairments and individualizes a specific treatment plan based on the findings. The goal is to help patients recover from the continuing effects of the disease through specialized therapies and progressive exercise programs designed to improve lingering symptoms and restore functional independence as quickly and safely as possible.

Our outpatient Post-COVID-19 Recovery Program can help COVID-19 survivors who are having short and long-term difficulties in the following areas:

## Pulmonary Rehabilitation

- Shortness of breath
- Oxygen management
- Decreased lung function

## Physical Therapy

- General weakness and deconditioning
- Loss of mobility
- Loss of balance
- Increased risk of falling
- General fatigue
- Muscle aches

## Cardiac Rehabilitation

- Postural orthostatic tachycardial syndrome (POTS)
- Irregular heart rate response
- Lowered cardiac capacity

## Speech and Language Therapy

- Cognitive "brain fog"
- Swallowing
- Communication

## Occupational Therapy

- Inability to perform activities of daily living (ADL)

## How to Get Started

### From the Hospital:

- Individuals who have been hospitalized at PVHMC due to COVID-19 can transition directly from inpatient to outpatient Post-COVID-19 Recovery through the doctor's discharge orders.

### From the Community:

- Individuals who received a positive test for COVID-19, and who are no longer positive, but are still experiencing symptoms or complications, can access the program by obtaining a referral from their physician. Patients who were hospitalized as well as those who had milder cases and were able to recover at home are both eligible.
- Make an appointment – **909.865.9810**

## We can help!

Call us today for more information

**909.865.9810**

Or scan the QR code with your smart device



**"The hospital helped me win the fight for my life and now this program gives me the expert care I need to continue my recovery!"**

Denalonor Bustamante



**Scan Me!**