



Post-COVID Recovery Program

Trouble getting back to your old self after COVID? You're not alone. An estimated 10 to 30 percent of COVID-19 survivors are experiencing "long-haul" symptoms lasting for months after recovery. Shortness of breath, persistent 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 PVHMC, we recognize that post-COVID 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 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)



“I fought long and hard in the hospital and I’m still fighting now – I am hopeful!”

Denalonora Bustamante

How to Get Started in Post-COVID Recovery

From the Hospital:

- Individuals who have been hospitalized at PVHMC due to COVID-19 can transition directly from inpatient to outpatient Post-COVID Rehabilitation 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.

One Long Hauler's Story of Hope



“The first couple of weeks after I came home from the hospital with COVID-19, I was weak, slept all the time and would cough for up to two hours at a time,” said

Denalonora Bustamante, a

Post-COVID Recovery patient since early February. “When my doctor first referred me to this program, I could barely walk for five minutes on the treadmill. It’s now been a couple of months and I can feel my stamina picking up, I am not coughing as much and I can have a conversation without gasping at every other word. I fought long and hard in the hospital and I’m still fighting now – I am hopeful!”

For more information about Post-COVID Recovery, please call **909-865-9810**.