

MOT offers Post-COVID Syndrome Services

If you tested positive for COVID19 and have lingering symptoms such as debilitating headaches, extreme fatigue, and body aches, then you are not alone. People with lingering symptoms are referred to as “COVID Long-haulers”. 30 to 50% of patients who had acute Covid19 continue to have symptoms 10weeks-3months after illness onset, including:

- .Generalized weakness that can affect family life and work productivity
- .Breathlessness – particularly those who were placed on oxygen or those whose oxygen levels dropped below normal values
- . Extreme Fatigue is the single biggest complaint that can last for 10 weeks and up
- . Anxiety . Rapid heart rate
- . Joint pain . Lower rib pain
- . Headaches . Chest Pain
- . Brain fog – inability to concentrate and impaired memory

A recent study found that 30% of workers have been unable to return to work 3 months after onset of illness. What should you do if you have lingering COVID19 symptoms? First schedule an appointment with your primary care provider. They can refer you to a specialist one of which is Physical Therapy.

MOT is currently offering a rehabilitation program designed to meet the specific needs of those experiencing post-COVID syndrome symptoms including:

- . An assessment by a Physical Therapist to determine deficits and needs
- . Instructions in breathing and postural exercises to maximize use of lung capacity
- . Activities to manage and minimize shortness of breath
- . General strengthening exercises to increase exercise and respiratory tolerance
- . Tips to promote personal energy conservation/fatigue management and improve tolerance for activities of daily living.
- . Use of BTE Primus RS as part of a work simulation and function rehab program. The BTE provides the ability to customize each evaluation and program and to provide documentation with objective measures of progress.

