

PARAGON REHABILITATION

A Synchrony Health Service



Post COVID-19 Recovery Program

How This Program Can Help

- Steadily increase endurance, activity tolerance, and strength with a personalized therapy plan without pushing the patient to extreme levels of fatigue or exhaustion
- Keep a focus on functional tasks and daily activities such as bed mobility, transfers, and ambulation in order to improve limitations in daily life impacted by COVID-19
- Improve breathing capabilities and lung capacity by educating and instructing proper breathing exercises and techniques
- Closely monitor heart rate and oxygen levels at rest and while exercising
- Provide safe and relevant home exercise programs to perform during “off days” from therapy services
- Provide a safe and encouraging atmosphere where patients will feel comfortable exerting themselves in order to regain independence and quality of life

Requirements for Participation

- Have had a symptomatic COVID-19 diagnosis
- Are no longer actively testing positive for COVID-19 (proof of negative tests required)
- Have had a decline in functional mobility, strength, balance, endurance or independence with daily tasks
- Physician order for therapy services required

If you or someone you know has had a symptomatic battle with COVID-19 that has altered their quality of life or independence due to the physical impact of the virus, please contact us to get started on your road to recovery.

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