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.

For more information, please visit SynchronyHS.com