

# Physical Therapy AND LONG COVID



Individuals diagnosed with long COVID can experience symptoms of the virus weeks or months after the initial diagnosis.

Common symptoms include extreme tiredness and fatigue, muscle aches and pains, brain fog, shortness of breath, headaches, and sleep problems. People who have had severe COVID-19 are more likely to get long COVID, but it also can affect those who experienced mild symptoms.

## Physical therapy can help individuals manage long COVID symptoms through:

- **Development of a personalized care plan**  
Physical therapists monitor exertion and prescribe movements to help patients safely progress to reaching their individualized goals.
- **Safe movements**  
Therapeutic movements are prescribed based upon each patient's symptoms and body responses. Physical therapists monitor oxygen levels, heart rate, and blood pressure during the activities to ensure safety.
- **Continued Education**  
Patient and family education is provided to allow a patient's continued, safe recovery while at home.

  
**ClearSky**

Rehabilitation Hospital  
of Rio Rancho

Please Call  
**505.295.6358**  
TO MAKE A REFERRAL



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