



What is Long COVID?

Long COVID is the continuation of post-COVID infection symptoms. It can affect multiple body systems, including the respiratory, cardiac, renal, endocrine and neurological systems. Individuals with Long COVID, sometimes known as “Long Haulers,” experience symptoms such as fatigue, chest pressure or tightness, shortness of breath, headache and cognitive impairments. Individuals who experience these symptoms need vitals tracked during treatments to avoid adverse reactions to therapy.

Long COVID impacts an individual’s ability to function, their activities of daily living, social and family life. Dealing with the complexities of Long COVID requires a multidisciplinary approach and patient involvement.

How is Treatment Different?

Treating deconditioned Long Haul COVID patients using traditional physical therapy has sometimes triggered or worsened symptoms, even when following the minimal cognitive, physical, emotional or social activity that could be tolerated.

Patients require constant assessment from physical therapists to monitor symptoms associated with Long Hauler including, but not limited to, changes in oxygen saturation, blood pressure and level of exertion.

Why Choose Innovate Physical Therapy?

We offer:

- A rehabilitation team consisting of physical, occupational and speech therapists.
- Skilled clinicians who monitor vitals during therapy sessions:
 - Pulse Oximetry ○ Heart Rate
 - Blood Pressure ○ RPE (Rating of Perceived Exertion)
- Individualized one-on-one therapy sessions tailored to an individual’s tolerance level.
- Evidence-based exercise program modifications guided by vitals.

Learn more at innovate-pt.com/long-covid.





BELLEVUE:

**1804 Hillcrest Drive,
Bellevue**

Fax: (402) 682-4256

Located just behind Hillcrest Health Services at the corner of Harlan Drive (Hwy 370).

For directions, call (402) 682-4210.



CHALCO HILLS:

**1445 Meadows Blvd., Suite 4,
Omaha**

Fax: (402) 682-4256

Located at the corner of 144th Street and Meadows Blvd.

For directions, call (402) 682-6593.