

# Long Covid Rehabilitation

Welcome to Cornerstone Physiotherapy's Virtual Long COVID Rehabilitation program. We have put together this brief outline of the program so that you know what to expect.

## Program Framework

- Initial Assessment x 60 minutes (\$145)
- Follow up appointments weekly x 30 minutes (\$98) weekly for the first few weeks
- Follow up appointments biweekly x 30 minutes (\$98) for the duration of the program

## Who we are

We are a group of experienced Physiotherapists, Dieticians and OT's that have been studying Long COVID since April of 2020 when it began to be recognized as a serious condition impacting COVID survivors around the world. We are working with, and are affiliated with, leading clinicians and researchers investigating Long COVID management.

We all come from a background of exercise physiology and recovery science as well as subspecialties in musculoskeletal rehabilitation and vestibular rehabilitation.

## What we are doing

We feel strongly that rehabilitation from Long COVID is a 24 hour a day process. It requires thoughtful progression of activity and recovery habits that are tightly controlled and easy to follow. This is why we have designed the program to leverage the power of data from wearable technology (like apple watch) and symptom monitoring technology. This gives us great insight into your total activity and how your body is responding. It also provides us the ability to continuously adjust your recommendations to optimize recovery while striking the right activity balance to promote recovery and symptom management.

## What to expect

First you will need a wearable device. The entire line of Apple and Garmin heart rate watches are appropriate for the program. We will help you to set up your device to share your data with our clinicians. We have a secure, proprietary platform that allows you to track and share all of your daily symptom and biometric data with the members of your rehab team.

Once your data sharing is in place we will perform an assessment using our secure video conferencing platform. At this time, we will help you to identify key drivers of your symptoms (Dysautonomia, POTS, ME/CFS, MCAS). You will be asked to fill out a survey online that helps us to discover and quantify what symptoms you are experiencing. With all of this information we will chart a customized path forward. Making recommendations regarding who should be on your rehab team and what strategies are likely to help you.

After your assessment you will be asked to wear your device all the time (except when charging) and to spend 7-10 days with very low physical activity. At this time we want you to focus on good nutrition, getting enough sleep (if possible) and good hydration. This allows us to understand what your biometric data looks like when you are pacing your activity as much as possible.

On subsequent telehealth visits, we will consult with you, review your data, and generate very clear and easy to understand recommendations. These are different for each patient depending on their presentation and the symptom patterns that impact them most.

We meet with you weekly to review your progress, adjust recommendations and progress toward your goals. After several weeks, when symptoms are stable, we will reduce frequency to every two weeks.

We can provide detailed information to your medical team as required and we will recommend referral to other professionals if the circumstances require it.

## Benefits

Patients who have undergone this approach to therapy have found that:

- They reduce fatigue and symptom exacerbations (crashes).
- They develop strategies to maximize their body's ability to recover.
- They are able to do more, without worsening their condition.
- They are able to more accurately quantify their recovery over time.

## Additional Resources

We have a great team of allied health professional ready to help guide you through your recovery including:

- **Registered Occupational Therapist / Psychotherapist**- to help support your mental health needs, connect you with resources in the community and support return to work/school plans.
- **Registered Dietitian** - to provide individualized advice around diet and eating optimally for recovery when barriers to doing so are present.
- **Group Support** - an opportunity to connect with others living with Long COVID and learn strategies and support one another in a virtual group setting.
- **HRV Bio-feedback** - we have options to rent or purchase an HRV biofeedback device to aid in autonomic nervous system regulation and balance through breathwork.

**NOTE:** Long COVID is still considered an emerging condition and the research is in its infancy. The precise prognosis and trajectory through rehab is not fully understood and appears to be variable . At Cornerstone we are aiming to guide you through the recovery process safely while minimizing symptoms and maximizing your physical abilities.