

Lessons learned from a rehabilitative medicine approach to Long COVID

- Identify health conditions and environmental factors resulting in impairments
- Focus treatment on enhancing functioning and participation
 - Treating health related impairments
 - Decreasing activity limitations
 - Enhancing environment



Lessons learned from a rehabilitative medicine approach to Long COVID

- Listening to your patients and validating what the patient is experiencing goes a long way....
- Exercise is not always medicine ... listen to your body
- Implementation of compensatory strategies and non pharmacologic treatment are important



Lessons learned from a rehabilitative medicine approach to Long COVID

- Energy conservation strategies are EVERYTHING
 - Pacing
 - Planning
 - Prioritizing
 - Positioning
- Multidisciplinary patient care is the key
 - Medical team, therapist, rehabilitation psychologist, social work.

