



# THE CENTER FOR PHYSICAL REHABILITATION

## POST INTENSIVE CARE SYNDROME

### ADDRESSING COMPLICATIONS THROUGH INDIVIDUALIZED CARE

#### PHYSICAL COMPLICATIONS AFTER CRITICAL ILLNESS MAY OCCUR IN 70% OF PATIENTS

##### THIS CAN INCLUDE IMPAIRMENTS IN:

- Muscle strength
- Mobility
- Pulmonary function
- Pain
- Gait speed
- Balance
- Activities of Daily Living (ADL)



As physical and occupational therapists we are uniquely prepared to help patients that have required a hospital stay, admission to the ICU, and often ventilation during the course of their COVID-19 treatment.

#### How The Center for Physical Rehabilitation Can Help

Patient interview screening questions for COVID will help our team identify yellow flags, which may indicate the patient is at risk for additional physical limitations, cognitive deficits, and biopsychosocial aftermath. At The Center for Physical Rehabilitation we can combat these issues by providing individualized treatments programs that may include:

- Progressive strengthening exercise program
- Functional activities/ADL training
- ROM, flexibility exercises, manual therapy techniques
- Graded aerobic conditioning program
- Gait training program
- Pain Neuroscience Education (PNE) including relaxation training, ADL pacing, sleep hygiene
- Neuromuscular re-education/proprioceptive training
- Patient education & aftercare wellness programs

Telehealth and In-Clinic visits are available. As caregivers our main goal is to help patients recover in the setting that best suits their needs.

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