

# Post-COVID Rehabilitation Program

Are you experiencing lingering COVID-19 Symptoms?



Breathing Difficulties



Weakness



Pain



Fatigue

## Post-COVID Rehabilitation Program

8-12 weeks, 2x/week  
1 hour sessions

Wayne HealthCare Wellness Center

The program is covered by insurance.  
A physician's referral is required.



The Post-COVID Rehabilitation Program is an 8 to 12-week exercise program designed for individuals experiencing the ongoing effects of COVID-19.

### The goal of the program is to:

- Manage and improve lingering symptoms such as shortness of breath, muscle weakness, pain and fatigue
- Build strength and endurance
- Help improve functionality with activities of daily living
- Improve quality of life

A team of Respiratory Therapists, Exercise Physiologists, Nurses, and Dietitians will provide an individualized exercise program, incorporating cardio and strength training, which gradually increases in intensity based on how the individual responds. Patients also receive education and support for COVID-related issues they are experiencing.

For more information, please contact the Pulmonary Rehab Department  
at 937.547.5917 or [karen.lockhart@waynehealthcare.org](mailto:karen.lockhart@waynehealthcare.org).

