

ReActive Physiotherapy is thrilled to announce that we are now offering a private, community-based physiotherapy program using telehealth to all Ontarians that are COVID-19 survivors. This program will **assess** and **screen** individuals and reduce need for in-hospital services. Physiotherapy services via telehealth will address **physical** and **mental** well-being for patients suspected or confirmed cases, those in isolation and self-quarantine as well survivors of COVID-19.

Clients can join this program if they are...

- At home, managing symptoms of COVID-19, **afebrile** - temperature (36.1°C to 37.2°C) and no longer **short of breath at rest**
- Recovering from all symptoms of COVID-19 who are **frail** or have **comorbidities** impacting independence
- Experienced significant **functional decline while ill**, or ICU-acquired weakness
- Wanting to return to **physical activity**, resume occupation
- Are isolated and at risk of loneliness, needing **safe** physical activity recommendations to help improve mental well-being
- Clients on home oxygen can be treated

Technological Requirements

- Stable internet access
- Device with a camera, microphone and speaker (e.g. PC, Mac laptop or desktops, tablets or smartphone (iPhone or Android))
- Valid email address to receive instruction and connection to audiovisual

The Program Includes

- 60-minute full assessment with a Registered Physiotherapist
- Self-Management Information Workbook with live links for resources
- You will be mailed 2 levels of resistance TheraBands
- Personalized exercise program for your **respiratory muscles, mobility, strength and exercise capacity**.
- **Mental health screening** and care resources will be distributed
- Other resources as needed

Telehealth physiotherapy is covered by all major extended health benefits but may require a physician referral.

Allison Francis, Physiotherapist

ReActive Physiotherapy

3-665 Fanshawe Park Road West

London, ON

Tel: 519-601-5522 Fax: 519-601-5622

allison@reactivephysio.com

COVID-19 Survivor Rehabilitation

AIM.

Provide **evidence-based** telehealth physiotherapy to address **respiratory** and **mobility** impairments associated with infectious disease.



TREATMENT

Tailored exercises: breathing, mobility, strengthening, endurance.

WHO?

Accepting **all** COVID survivors.

SPECIALIZED CARE.

Private and secure Telehealth **assessment, self-management strategies,** personal home **exercise** program



519.601.5522
info@reactivephysio.com