

HSHS St. Elizabeth's Outpatient Therapy

# COVID-19 WELLNESS PROGRAM

## WORKING TOGETHER TO HEAL THE WHOLE YOU

HSHS St. Elizabeth's Hospital is offering a Covid-19 Wellness Program to assist those isolated at home due to the coronavirus to improve their quality of care and quality of life. Light exercise, positioning and breathing exercises are safe and result in improvements in physical function, activity level, and fatigue.

Our physical therapists have the capability to utilize telehealth for assessment and treatment through our patient portal. The physical therapist will set up an appointment and give you instructions to create and log into your account.

### What to Expect

Evaluation by a physical therapist to create a treatment plan and recommendations for deficits from Covid-19.

Home Exercise Program instruction and education in positioning to improve strength and pulmonary function within medical guidelines to help combat disease-related fatigue and weakness.

### Issues therapy will address

- Weakness
- Tiredness (fatigue)
- Shortness of breath
- Difficulties with activities of daily living (self-care, functions at home)

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For more information  
or to schedule an  
appointment, call

**618-624-3668**

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