



**Priority  
Physical  
Therapy**

## Health & Wellness

The Newsletter About Your Health And  
Caring For Your Body

# RECOVER FROM COVID-19 WITH THE HELP OF PT

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Turning 22!!!!
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**A DAY OF FREE  
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Priority  
Physical  
Therapy

# Health & Wellness

The Newsletter About Your Health And Caring For Your Body

## HOW PT CAN HELP YOU RECOVER FROM COVID-19

**CALL US TODAY! MISSOURI 573.769.6166**

**SOUTH CAROLINA 843.536.4888**



COVID-19 has shaken up the world as we know it. Everywhere we look, we see news and information regarding the virus, and the effects those who suffer from it must endure in recovery.

Here at Priority Physical Therapy, we offer methods of treatment for patients recovering from COVID-19. As more research is done, it's being discovered that there are several negative lasting effects from the virus, many of which are causing physical and emotional challenges that can continue for unprecedented amounts of time.

The side effects and impairments a person might experience after having COVID-19 can persist for months, and recovery may not be an easy road to go down alone. To learn more about what our clinic is doing to prevent the spread of COVID-19 as well as treat patients suffering from painful side effects, contact our office today.

### **Side Effects of COVID-19:**

The side effects of COVID-19 have been found to lead to a loss of function in

many different areas of the body. A few commonly experienced ones are as follows:

- Weakened muscle strength
- Decreased heart and lung capacity
- Bodily aches and pains
- Balance and gait issues
- Fatigue
- Difficulty breathing (leading to neck pain, rib pain, back pain)
- Decreased stamina
- Impaired walking abilities
- Impaired ability to stand upright

**Although this list is long and a bit intimidating, physical therapy treatment at Priority Physical Therapy can help.**

**WWW.PRIORITYPT.NET**

# PHYSICAL THERAPY TREATMENT FOR COVID-19

Although many people do not experience severe side effects of the virus and therefore may not need intense rehabilitation, there are plenty who find themselves feeling extremely weak and incapable of maintaining their normal routine during recovery.

Physical therapy at Priority Physical Therapy can help patients during recovery from COVID-19 through the following types of training and exercise programs:

- Balance and gait training
- Upper and lower body strengthening exercises
- Breathing exercises to increase lung function and capacity
- Aerobic exercise and reconditioning for improved pulmonary health
- Stretching
- Endurance training
- Manual therapy
- Screening for other conditions that could be caused as a result of COVID-19

Your physical therapist will be able to do a full assessment of your condition, ask you health-related questions regarding your experience with COVID-19 and pinpoint the sources of your pain. From there, he or she will devise a special treatment plan with the ultimate goal of getting your health back to normal and optimizing your levels of function.

## Contact Priority Physical Therapy Today

COVID-19 has indeed wreaked havoc in the world, however, your health matters. Here at Priority Physical Therapy, our physical therapists strive to restore every one of our patient's normal function and mobility during recovery from COVID-19. Our ultimate goal is to see our patients healthy, strong, and pain-free. Contact our office today to learn more about our recovery programs and physical therapy services.



**CALL US TODAY! MISSOURI 573.769.6166 SOUTH CAROLINA 843.536.4888**

## EXERCISE ESSENTIAL

### DIAPHRAGMATIC BREATHING

Lie on your back with your knees bent. Breathe deep, from the belly. Repeat 10 times.

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## HOW PT CAN AID IN POST-COVID-19 RECOVERY

Here at Priority Physical Therapy, we offer methods of treatment for patients who are experiencing long-term side effects of COVID-19. As more research is done, it's being discovered that there are several lasting effects from the virus, many of which are causing challenges that can continue for unprecedented amounts of time.

**How can therapy help with recovery?** Some common physical conditions we are seeing in patients who have had COVID-19:

- Difficulty walking
- Shortness of breath
- Weakness
- Fatigue
- Decreased balance
- Difficulties with swallowing

**Our therapists can help with recovery through specialized training and exercise programs, including the following:**

- Aerobic exercise & reconditioning
- Stretching
- Endurance & strength training
- Balance & gait training
- Breathing exercises to increase lung function and capacity

**Call us today to set up an appointment and learn more about how our physical therapists can aid in your recovery.**

MISSOURI  
573.769.6166

SOUTH CAROLINA  
843.536.4888

**WWW.PRIORITYPT.NET**

## FREE WORKSHOPS

### Knee Pain Workshop

June 15<sup>th</sup>, 2021

6:30 PM | Palmyra, MO

1219 S. Main St.  
Palmyra, MO 63461  
P: 573.769.6166



### Shoulder Pain Workshop

June 15<sup>th</sup>, 2021

6:30 PM | Florence, SC

2521 S. Cashua Drive  
Florence, SC 29501  
P: 843.536.4888



### How Much Is It To Attend These Workshops?

Nothing... the event is absolutely FREE but call Missouri 573-769-6166 • South Carolina 843-536-4888 now to register as we are taking only 25 attendees.

## Patient Success Story



"I had Covid 19 November 10th, lost all my strength, breathing was reduced a lot, weak, shakes, have had body pain since then, unable to do normal things. Since I started doing physical therapy, I can get out of my chair a lot better. I am getting some of my strength back. I'm working on getting my lungs stronger. I see small improvements and have lost 8 lbs so far. It's a long road back but the physical therapy is the right path."

— *Diedra Cole PT, DPT & Dirk D.*

## PRIORITY PHYSICAL THERAPY IS TURNING 22!!!!

OUR BIRTHDAY GIFT TO YOU!

# A DAY OF FREE SCREENINGS.

JOIN US ON TUESDAY  
JUNE 29<sup>th</sup>!

Hurry! Call and register now to reserve your spot, as availability is limited. Call Missouri at 573.769.6166 and South Carolina at 843.536.4888.

