

# KLINIKEN SCHMIEDER

Clinic for Neurology and  
Neurological Rehabilitation

SPECIALISED AND INTENSIVE

## **POST-COVID-19 REHABILITATION**





## POST-COVID-19 REHABILITATION PROGRAMME

After recovering from the coronavirus disease (COVID-19), the patients often suffer from COVID-related disabilities which can strongly affect their physical fitness and quality of life. It is not only the serious COVID-19 cases (e.g. those who required mechanical ventilation or developed respiratory failure) that can lead to post-COVID disabilities, but also milder cases are frequently associated with long-term health problems. Reduced lung performance is one of the classic symptoms but other functional impairments may also occur.

An increasing number of scientific studies support the clinical conclusion that an infection with the novel coronavirus SARS-CoV-2 can lead to manifold **ACCOMPANYING NEUROLOGICAL SYMPTOMS AND SECONDARY DISEASES**. Symptoms may include motor and cognitive impairments, nerve and/or muscle pain, olfactory and/or gustatory dysfunctions. High-quality neurological after-care of the patients is therefore very important. Often, the disabilities are a combination of various impairments and independent from the severity of the patient's previous COVID-19.



This is where we come in with our offer of **SPECIALISED INTENSIVE POST-COVID-19 REHABILITATION FOR NEUROLOGICAL COMPLICATIONS**. In view of the various individual courses of illness and their consequences, the rehabilitation measures are tailored to each patient and his/her needs. An individual treatment plan will be made up reflecting what the patient needs. Involving different medical and therapeutic specialties ensures integrated consideration of all treatment aspects needed to optimally address the neurological, pulmonary and psychotherapeutic issues.

The highly qualified physicians and nurses, physiotherapists, occupational therapists, speech/language therapists and neuropsychologists that make up our interdisciplinary team can make their specific contribution to improve the patient's physical and psychological health status. Our offer includes methods and approaches which are in line with the Deutsche Gesellschaft für Neurorehabilitation (Germany Society of Neurorehabilitation). It ranges from early neurological rehabilitation to therapeutically assisted vocational re-integration.

## **QUESTIONS REGARDING YOUR POST-COVID-19 REHAB**

### **WHEN CAN I START MY POST-COVID-19 REHAB?**

- You must have officially recovered from COVID-19, i.e. you must meet the criteria for hospital discharge and/or ending home isolation, even if your general health is markedly compromised.
- Your oxygenation and respiratory rate must be stable so that you are basically able to receive therapy.

### **WHAT ARE THE THERAPY GOALS?**

The therapy goals of rehabilitation after COVID-19 depend on each patient's needs. The attending physician will discuss them with the interdisciplinary rehab team and, based on this, the treatment programme will be defined. Frequently, rehabilitation treatment focuses on the following general therapy goals with individually varying intensity:

- Improve your respiratory function and lung volume;
- Improve motor deficits, increase endurance and performance;
- Improve cognitive deficits, increase endurance and performance;
- Improve emotional well-being, reduce psycho-mental and/or stress-related psychological impairments;
- Improve general fitness and ability to receive therapy.



## OVERVIEW OF AVAILABLE TREATMENTS

- Improvement of respiratory function and lung volume: e.g. breathing therapy, swallowing diagnostics, swallowing therapy.
- Improvement of motor deficits and endurance: e.g. mobilisation, stamina training, task-oriented training geared towards each patient's individual dysfunctions.
- Improvement of cognitive deficits and endurance: e.g. attention and memory training.
- Improvement of general fitness.

## YOU HAVE RECOVERED FROM COVID-19 BUT STILL SUFFER FROM AFTER-EFFECTS?

With our specific post-COVID-19 rehabilitation programme, we want to help you to improve your general fitness and well-being so that you can find your way back to normal life and to the quality of life you were used to.

## CONTACT

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