



Spine & Rehab
Specialists
PHYSICAL THERAPY



POST-COVID-19 RECOVERY PROGRAM

COVID-19 has impacted everyone in some way throughout 2020 & 2021. At this time, over 100,000 El Pasoans have been infected with the COVID-19 virus. That means over 15% of the El Paso population have had their own health impacted by COVID-19 at some point over the last year. Generally, those who had COVID-19 will struggle with lingering symptoms. It is the goal of Spine & Rehab Specialists to assist those recovering from COVID-19 so that they may get back to their normal lives.



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POST-COVID-19 RECOVERY PROGRAM

3 Pillars of Post-COVID-19 Complications

Cardiovascular:

- Fatigue
- Deconditioning
- Changes in Heart Rate

Pulmonary:

- Shortness of Breath
- Difficulty Breathing
- Persistent Cough

Musculoskeletal:

- Muscle Aches
- Soreness
- Muscular Tightness
- Joint Pain





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POST-COVID-19 RECOVERY PROGRAM

Post-COVID-19 Treatment

Cardiovascular:

- Endurance Training
- Muscular Conditioning
- Heart Rate & Blood Pressure Monitored throughout Session

Musculoskeletal:

- Strength Training
- Stretching
- Joint Mobility
- Pain Management

Pulmonary:

- Deep Breathing Exercises
- Breathing in/ Breathing out Training
- Respiratory Rate & Oxygen Saturation Monitored Throughout Session





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If you have any questions or think you would benefit from our program give us a call at either of our locations to get started with your rehab today!

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915-562-8525

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El Paso, Texas 79936
915-855-6466



*We have an
exercise for
that!*