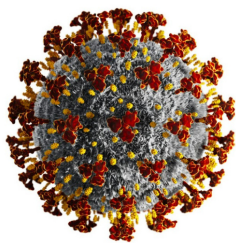


Long Haulers



It's seemingly inevitable that someday you will contract COVID. Even with taking the right precautions people are still getting infected. For 25% of those people the symptoms can go on for much longer than expected. It can be difficult to get through the aftermath of "Long COVID".

Definition

The CDC defines Long COVID as a range of symptoms that can last weeks or months after first being infected with the virus that causes COVID-19 or can appear weeks after infection. Long COVID can happen to anyone who has had COVID-19, even if their illness was mild, or if they had no symptoms. This typically persists for over 12 weeks or longer.

Symptoms

- Fatigue
- Shortness of breath or difficulty breathing
- Cough
- Joint pain
- Chest pain
- Memory, concentration or sleep problems
- Muscle pain or headache
- Muscle pain or headache
- Fast or pounding heartbeat
- Loss of smell or taste
- Depression or anxiety
- Fever
- Dizziness when you stand
- Worsened symptoms after physical or mental activities

Treatment

There is hope. Getting back in shape can be difficult and requires some extra guidance. Monitoring your heart and lungs will reassure you that your body is responding correctly to exercise. We use sophisticated equipment such as ECG's to monitor your heart and pulse oximetry for your lungs. Contact us to see how we can help.

Thank you for taking the time to read this article. Cardio Physical Therapy PLLC works with people that have heart disease. Some of these tips provided above are used to successfully implement a plan toward a healthier lifestyle. Contact us for more information regarding the services we provide and check out our website for more information. Author Jeremy Voorhees PT, CCS, CCRP



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