

UNIVERSITY *of* WASHINGTON

DEPARTMENT OF REHABILITATION MEDICINE

UW MEDICINE

POST-COVID REHABILITATION
AND RECOVERY CLINIC

BE BOUNDLESS
FOR WASHINGTON

FOR THE WORLD



POST-COVID REHABILITATION AND RECOVERY CLINIC

WHO TO REFER

Adults who have experienced COVID infection more than 3 weeks ago and are now medically stable, but have ongoing impairment or difficulty in the domains of physical, functional, cognitive, and/or mental health as follows:

PHYSICAL

Decreased Endurance
Symptoms with Exercise
Weakness
Fatigue
Changes in Sensation / Pain
Changes in Balance / Altered body mechanics

FUNCTIONAL

Difficulty with basic ADLs
Difficulty with iADLs
Return to Work
Return to Driving

COGNITIVE

Poor Attention / Concentration / Memory/ Problem Solving
"Brain Fog"
Difficulty with like money management or taking medications.

MENTAL HEALTH

Depression
Anxiety
PTSD
Sleep

CLINIC RESOURCES

Telemedicine
Physical Therapy
Occupational Therapy
Speech Therapy

Rehabilitation Psychology
Vocational Rehabilitation
Neuropsychiatric Testing
Electrodiagnostic Testing
Prosthetic & Orthotics

Equipment Fitting
Architectural Consultation
Recreation Therapy

WHERE TO REFER

Refer patients to the "POST-COVID REHABILITATION AND RECOVERY CLINIC." It is helpful to detail the impairments and symptoms the patient is experiencing.

POST-COVID REHABILITATION AND RECOVERY CLINIC
Comprehensive Outpatient Rehabilitation Clinic
Harborview Medical Center
Maleng Building, 410 9th Ave.
4th Floor, Seattle, WA 98104
206-744-5862

If patient is still in quarantine or has active infection they will be seen first by telemedicine.

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