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.

UNIVERSITY OF WASHINGTON
DEPARTMENT OF REHABILITATION MEDICINE