

ST. JUDE COVID-19 REHABILITATION AND WELLNESS PROGRAMS



How we can help

For some, recovery from COVID-19 doesn't mean an end to serious or even debilitating symptoms. Shortness of breath, weakness, pain, mental fogging, anxiety, or other complications continue to plague many for weeks or even months. While symptoms can be especially serious for those who were hospitalized, those who recovered at home often also have prolonged side effects.

Our innovative COVID-19 Rehabilitation and Wellness Programs feature the expertise of board-certified physical medicine and rehabilitation physicians, speech language pathologists, physical therapists with unique training in respiratory issues, nutrition and wellness experts, fitness specialists, and occupational therapists with specialized experience in cognitive recovery.

We offer two distinct levels of care:

1. COVID-19 Rehabilitation Program: One-on-one therapy at the St. Jude Centers for Rehabilitation and Wellness, call **(714) 578-8720** to schedule an assessment.
2. COVID-19 Wellness Program: A virtual program to help you continue to recover and heal, call **(714) 578-8770**.

Many choose to do both. The Rehabilitation Program is covered by most health plans and requires a physician referral. Our 30-day Wellness Program does not require a referral and can be started at any time for a fee of \$99.

The St. Jude COVID-19 Rehabilitation Program:

Regaining your health begins with an evaluation by a therapist. Your therapy will be customized to meet your specific needs and will draw upon the expertise of nationally-recognized multidisciplinary team.

- Strengthening pulmonary function
- Improving muscle strength and balance while monitoring oxygen saturation levels to avoid exacerbation of symptoms
- Increasing endurance, energy and return to daily activities
- Resolving speech or swallowing issues
- Cognitive function training to help regain critical-thinking skills and memory

To learn more or schedule an appointment call **(714) 578-8720**.

The **St. Jude COVID-19 Wellness Program** is a unique 30-day virtual program that provides additional help and support in targeting common COVID-19 side effects while also improving your overall health. This online program uses daily lessons, videos and classes to not only continue your progress but add several new elements to your recovery.

What you'll learn:

- Research-based breath work to both increase lung function and reduce anxiety. You'll start with a virtual private consultation with our yoga and mindfulness coach and then continue to receive additional recorded lessons to teach you how to use specific breath exercises to improve breathing and well-being.
- Nutritional strategies to reduce the inflammation that contributes to so many COVID-19 side effects as well as other illnesses and diseases. Videos and lessons include cooking demonstrations, expert nutritional advice, and easy-to-follow recipes.
- Gentle movement and stretching sessions designed and recorded by our fitness experts to address the specific needs of post-COVID-19 patients. You can also access dozens of live-streamed and recorded exercise classes that help address issues from muscle weakness and balance issues, to exercising with painful joints.

Many begin this program while finishing our COVID-19 Rehabilitation Program, but participating in structured therapy is not required to benefit from this innovative online program. Anyone can sign up and no physician referral is needed. The flat fee of \$99 also includes access to all live-streamed and recorded exercise and nutritional classes offered at the St. Jude Wellness Center. To get started, please email us at stjudewellness@stjoe.org or call **(714) 578-8770**.