

## Occupational Therapy for the Treatment of Long-Covid

A multidisciplinary health team approach is necessary. An Occupational Therapist at Block Building Therapies can provide education, teach strategies and help integrate energy conservation, activity planning, mindfulness and cognitive strategies into daily activity to improve function and increase participation.

### Assessment Process:

- Symptom Assessment
- Activity tracking
- Education

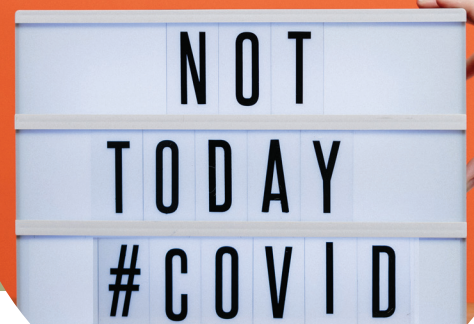
### Treatment:

- Daily activity planning
- Parasympathetic nervous system reset
- Cognitive rehab.
- Graded approach to increase activity
- Return to work planning



## What we know for sure about Long-Covid

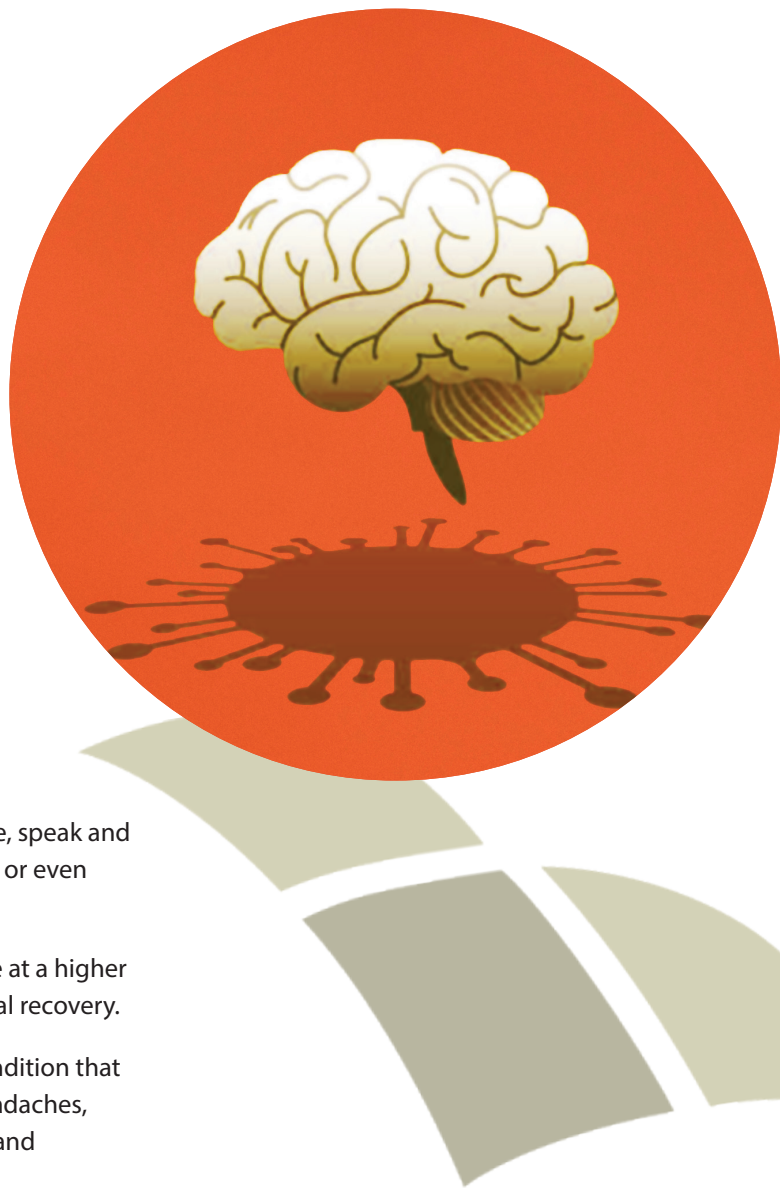
Symptoms can include generalized chest and muscle pain, fatigue, shortness of breath and cognitive dysfunction; the mechanisms involved affect multiple systems and include persistent inflammation, thrombosis, and reduced autoimmunity. Symptoms may also fluctuate or relapse over time. (World Health Organization)



## Causes and symptoms of Post-Covid Syndrome

Long COVID can happen in people who have mild symptoms, although patients with more severe initial illness seem to be more likely to have long-term impairments. The virus attacks the body in a range of ways, causing damage to the lungs, heart, nervous system, kidneys, liver and other organs. Mental health problems can arise from grief and loss, unresolved pain or fatigue.

- Inflammation of the heart muscle, which could lead to shortness of breath, palpitations and rapid heartbeat.
- Brain fog, fatigue, headaches and dizziness.
- May experience changes in the way they think, concentrate, speak and remember. These symptoms can affect their ability to work or even maintain activities of daily living.
- Patients who were hospitalized for COVID-19 treatment are at a higher risk for problems with mental health, cognition and physical recovery.
- Postural orthostatic tachycardia syndrome, or POTS is a condition that affects blood circulation. POTS can leave survivors with headaches, fatigue, brain fog, difficulties with thinking, concentrating and insomnia. (hopkinsmedical.org)



For further assessment, therapy, consultation and/or education on managing long-COVID, contact Block Building Therapies at:

**204-231-0785**  
**info@blockbuilding.ca**

**Referral forms for new assessments are also available online at our website: [www.blockbuilding.ca](http://www.blockbuilding.ca)**