Are you experiencing long-term effects from the COVID-19? Looking for a path to recovery from these “long-hauler” setbacks? In collaboration with your Physician or Nurse Practitioner, our comprehensive therapy-driven outpatient program is designed to get you back on your feet and on the road to recovery from COVID-19.

Our inpatient experience with post-COVID-19 patients, expertise in rehabilitation and our passionate patient team of Physical and Occupational Therapists, Speech Language Pathologists, Respiratory Therapists and Dietitians makes us uniquely qualified to coordinate your care, prioritize your goals and help you get back to your daily work and life activities.

Have you been experiencing:

- Fatigue or endurance issues after a normal day of activity?
- Interrupted sleep or insomnia since your COVID-19 illness?
- Lack of strength or endurance you need for leisure activities with your family?
- Difficulties with short-term memory, finding the right words, or “brain fog”?
- Performance issues at work or have your daily household chores been affected since your initial recovery from COVID-19?

If you answered yes to any of these questions, you may benefit from our COVID-19 recovery program.

If you or someone you know is recovering from COVID-19, our comprehensive rehabilitation program can get you back on the path to recovery through:

- Physical, Occupational and Speech Therapy evaluations, including on-site Respiratory Therapy and Dietary Assessments to help optimize nutrition status
- Therapist and Physician developed Plan of Care
- One-on-One therapy treatment sessions
- Individualized at-home exercise program
- Work/Life Transition Program for long-haul COVID-19 recovery

To schedule your evaluations, your Physician or Nurse Practitioner can fax a referral to 575-521-6411

We take every precaution to ensure the safety of our patients and staff. For more information, contact our Outpatient Admissions Department at 575-521-6401
COVID-19 infection can leave patients with lasting effects that may include cognitive issues like "brain fog", memory or attention problems, shortness of breath, weakness, dizziness, decreased endurance, muscle and joint pain.

Our multi-discipline outpatient Post-COVID program is aimed at returning your patients to baseline activity through our rehabilitative expertise and individualized services.

Rehabilitation Hospital of Southern New Mexico is your point of trust for those recovering from COVID-19.

**Safe Patient Care**
We take every precaution to ensure the safety of our patients and staff.

- Patient must be out of the acute phase of the disease for at least 10 days
- No fever for at least 72 hours without utilization of fever reducing medications
- Patients will require a mask and COVID-19 symptom screening upon facility entry
- We have a dedicated area for treatment that will allow for greater than 6 feet apart from other patients for social distancing
- We follow strict cleaning protocols and guidelines
- Patients will complete hand hygiene prior to and after treatment

**Individualized Rehabilitation Program**

- Physical, Occupational and/or Speech Therapy evaluations including on-site Respiratory Therapy and Nutritional Support Services as needed
- Therapist and Physician developed Plan of Care
- One-on-One therapy treatment sessions
- Individualized at-home exercise program
- Work/Life Transition Program for long-haul COVID-19 recovery

**Refer a Patient**
Fax your referral and patient information to 575-521-6411 and we will schedule their evaluations.

For more information, please contact our Outpatient Admissions Coordinator at 575-521-6401