

Beyond Covid-19 to Recovery

Recovery through therapeutic Rehabilitation

From the onset of the virus, the Health Quest Therapy care team has researched and perfected effective rehabilitative methods specifically targeted for those recovering from COVID-19. We are dedicated to providing safe and effective physical and occupational care solutions that start with an assessment and plan of care uniquely tailored to the needs and wellness goals of those in recovery. The comfort, safety, and betterment of our patients and staff is our only priority as we navigate these difficult times.



Long-term COVID-19 symptoms is now a disability under ADA

- Weakness/debility
- Muscle Weakness
- Fatigue
- Falls or balance issues
- Neuropathy and myopathy
- Unsteady gait
- Pain
- Myalgia
- Headache
- Dyspnea
- Autonomic instability
- Cognitive changes
- Stroke
- Amputation
- Wounds and skin injuries
- Mood changes or mental health issues including post-traumatic stress disorder

- Bringing together Health Quest Therapy's expansive treatment options maximizes patient care.
- Occupational therapy to assist with Upper Body Strength and Coordination, activities of daily living and energy conservation/pacing, and fatigue that leads to difficulty completing daily tasks.
 - Physical therapy to help with return to work, return to sport, breathing, walking/standing for long periods, lifting, carrying, pushing, or pulling.
 - Human Performance Program
- Transitional Training to build strength and fitness to return to peak activity.

Treatment Plan

Includes exercise training, manual therapy, body positioning, and education, focusing on mindfulness/relaxation, energy conservation, and activity modification.

Program focus includes

Strength: Restore loss of muscle and strength

Balance: reduce fall risk

Cardiovascular Compromise: difficulty breathing and low Oxygen saturation level

Pain/Dysfunction: headaches, neck pain, rib pain, and back pain

De-conditioning: generalized weakness, fatigue, and decreased functional endurance

Therapy is targeted to improve complex motor function, complex motor and endurance activities, coordination, and high-level activities (cooking, dressing, gardening).



Health Quest Therapy, Inc.

With two convenient Alaska clinic locations

Eagle River Clinic

11432 Business Blvd, Suite 18, Eagle River, AK 99577
phone: (907) 622-6363 • fax: (907) 622-6366

Wasilla Clinic

650 N. Shoreline Drive, Wasilla, AK 99654
phone: (907) 376-6363 • fax: (907) 376-6366

Services offered will vary by location. Treatment for disorders related to Covid-19 rehabilitation recovery is available at our Wasilla and Eagle River clinic locations.

**FREE 15 Minute
Assessment**

**We Accept Most
Insurance Plans**

**Convenient Hours
and Locations**

**Serving Patients
of all Ages**



Health Quest Therapy, Inc.

Physical and Occupational Therapy

COVID RECOVERY PROGRAM

Therapeutic Rehabilitation

www.HealthQuestTherapy.com