



CORA
Physical Therapy

Treating Everyone Right

FOR IMMEDIATE RELEASE

May 5, 2020

Media Contacts:

Jessica Heath Byerly | jheathbyerly@corahealth.com | 717-580-9151

Brande Brock | bbrock@corahealth.com | 352-299-4117

CORA Announces Post-Acute COVID-19 Recovery and Rehabilitation Programs

Early intervention exercise and rehabilitation to help people directly and indirectly impacted by the virus

Lima, Ohio – In response to the number of Americans affected by coronavirus, CORA Health Services, Inc. (“CORA Physical Therapy”), a top 10 national operator of outpatient physical therapy services, has invested in specialty training for CORA clinicians to be able to address the unique needs of Post-acute COVID-19 patients and also those affected by social distancing and inactivity.

“Coronavirus is affecting many Americans, whether directly through contracting the virus or indirectly through the effects from inactivity and social distancing. Recovery Programs are essential to get back to our normal work, social and recreational activities as well as prevent long term consequences,” said Jessica Heath Byerly, Director of Clinical Education.

Symptoms of COVID-19 range from mild to severe, with approximately 80% of the cases affecting the upper respiratory system. Patients that have been discharged from a hospital and are continuing their recovery at home may still have difficulty breathing, fatigue easily, and experience pain and weakness which can lead to decreased quality of life and possible long-term implications. Furthermore, research suggests survivors may be at higher risk for future heart and kidney disease or stroke.

Due to the nature of this virus, CORA clinicians have also prepared to address the needs of patients that are affected by limitations in aerobic capacity and deconditioning because of extreme inactivity. Treatment plans will focus on meeting the needs of each patient, such as strength, balance and pain management. As details of COVID-19 have emerged, the need for early intervention exercise and recovery programs has become increasingly clear to mitigate risk of associated impairments such as decreased lung function, physical function, strength and emotional well-being.

With these programs, CORA clinicians are highly-trained in specific post-COVID focus areas and able to recommend products available at our marketplace, [Therapy Essentials](#), to enhance their experience at home or in the clinic. This includes access to products such as pulse oximetry to monitor oxygen saturation rates and pedal exercisers to improve endurance and aerobic capacity. CORA’s licensed experts can discuss the best care pathway for patients based on their impairments and functional capacity.

CORA staff continues to take every necessary precaution, per CDC guidelines, to ensure patients have a place to engage in safe, effective physical activities in clinic or at home for relief from acute or chronic pain. Heath Byerly continued, “Having these different options for treatment, especially for post-COVID patients that are no longer contagious, allows our clinicians to ensure the best treatment based on a patients abilities and needs. We believe that this an important service that we can provide to our communities and prevent any long term implications that may occur.”



CORA currently offers in-clinic visits, telehealth, and therapy in the home. To learn more about Post-COVID Recovery Programs at CORA, please visit our website at <https://www.coraphysicaltherapy.com/post-covid-recovery>.

View a comprehensive [enhanced precautions guide](#) detailing the actions CORA staff is taking in every clinic to mitigate the spread of COVID-19.

About CORA

CORA Health Services, Inc./CORA Physical Therapy (www.coraphysicaltherapy.com) is an outpatient rehabilitation company that uses proven clinical practices and cost effective treatment protocols to return patients to their jobs and lifestyles as soon as possible. Their clinics offer a complete range of treatment, including outpatient physical therapy and general rehabilitation, worker's compensation therapy, sports and auto injury rehabilitation, and rehabilitation for seniors. CORA operates more than 210 clinics in nine states: Florida, Georgia, Illinois, Kentucky, Missouri, North Carolina, South Carolina, Tennessee and Virginia, including specialty clinics under the Body Gears brand.

#