

Post - COVID-19 Rehabilitation Resources

Facility/Clinic	Program	Other Information
The Wellness Institute at Seven Oaks General Hospital	Post COVID-19 Rehabilitation and Recovery Program: https://wellnessinstitute.ca/post-covid-rehab/	Fee-for-service Long Covid Rehab Program; Physical therapist does intake and makes referrals to other clinicians (OT, social work, dietitian).
Misericordia Health Centre	Two rehabilitation programs at MHC—Easy Street and MHC for Lungs: https://misericordia.mb.ca/help-for-long-haulers-at-mhc/	
Winnipeg Regional Health Authority Pulmonary Rehabilitation Program (PRP): One program with central intake; three sites: Misericordia Health Centre, Deer Lodge Centre, Seven Oaks Wellness Institute. Central Intake number is (204) 831-2181. All referrals must be signed by Primary Health Care Provider (i.e., MD/NP/specialist). PRP Referral Form: https://www.manitobaphysio.com/wp-content/uploads/W-00475-Pulmonary-Rehab-Program-Referral-Form-WRHA-002.pdf Pulmonary Rehabilitation Program	Pulmonary Rehabilitation Program (PRP) Program: https://wrha.mb.ca/rehabilitation/pulmonary-rehabilitation-program/ PRP Brochure: https://www.manitobaphysio.com/wp-content/uploads/PRP-Brochure.pdf Deer Lodge Centre PRP Team: https://wrha.mb.ca/wp-content/site-documents/prog/rehab/files/DLCPRP.pdf	Inclusion/Exclusion Criteria: https://wrha.mb.ca/wp-content/site-documents/prog/rehab/files/PRPRehabCriteria2016.pdf Program consists mainly of physiotherapy and respiratory therapy services (with some social work and dietitian services) . Intervention consists of individualized exercise training and self-management education on an outpatient basis. Many clients with long covid cannot tolerate graded exercise training and are not suitable for pulmonary rehabilitation.
Winnipeg Regional Health Authority	Long COVID Self-Management Group: https://www.manitobaphysio.com/wp-content/uploads/WRHA-Long-Covid-Self-Management-Group-Information-Sheet.pdf	
Geriatric Day Hospitals	Seven Oaks General Hospital Deer Lodge Centre St. Boniface Hospital Riverview Health Centre	Adults 65 and over who require two or more disciplines for assessment and intervention. Adults 60 and over if recovering from COVID and requiring multi-disciplinary intervention for issues such as: New cognitive impairment persisting at 12 weeks and impacting function; persisting Moderate or severe problems with ADLs/ self-care/ usual activities; Moderate or severe fatigue persisting at 12 weeks.
Fort Richmond Physiotherapy and Sports Injury Centre https://forrichmondphysiotherapy.vpweb.ca/	Fee-for-service. Treatment is customized based on assessment findings. Treatment to include: •education: pain management, breathing exercises, safe exercise techniques, body mechanics, relaxation techniques, strategies for energy conservation, •developing exercise plan for reconditioning, strengthening and cardiovascular. •functional training for activities of daily living, targeted for work duties. •pain relief	Criteria: history of probable or confirmed COVID-19 infection, minimum 4 weeks from initial onset, experiencing any of the symptoms: difficulty breathing or shortness of breath, cough, tiredness or fatigue, symptoms that get worse after physical or mental activity, brain fog, headache, chest pain, joint or muscle pain, pins and needles, sleep problems, dizziness.
Tuxedo Physiotherapy https://www.tuxedophysiotherapy.com/	Physiotherapist Cyndi Otfinowski provides fee-for-service and 1:1 consultations. Services offered: Assess and treat breathing pattern disorders, assist clients to modify dysfunctional breathing habits, respiratory muscle training, airway clearance techniques, provide education and home exercise programs as appropriate.	Occupational Therapy also available at clinic. Clinic refers out for counselling, speech-language pathology or dietician services
Up and Running Physiotherapy (Stafford & Pembina) https://upwpg.com/	Fee-for-service care. Assess breathing and physical conditioning/fatigue, vital signs (Heart rate, blood pressure and oxygen levels), chest and arm mobility, provide education on exercise, energy use and condition recovery expectations as well as home exercise programs as appropriate. Program Information: https://www.manitobaphysio.com/wp-content/uploads/Up-and-Running-Physiotherapy-Post-COVID-Program-March-31-2022.pdf	Eligibility Criteria: Persistent symptoms three months post infection including: Reduced Endurance, Fatigue, Elevated heart rate, Shortness of Breath on exertion or activity, persistent cough or chest tightness, aching joints and general deconditioning or mental fog.

