



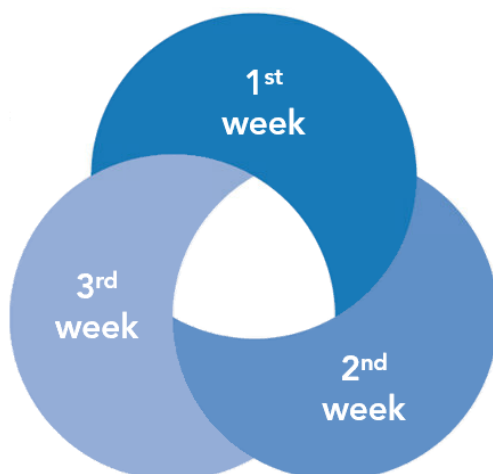
## Rehabilitation Post-COVID-19

### WE BRING YOU BACK TO THE THINGS YOU LOVE!

This rehabilitation program has been developed for people, still coping with physical and neurological complications of a COVID-19 infection. Long COVID symptoms such as a decline of motoric functions, breathlessness, cough, unspecific fears, panic attacks or reduced general resilience are common.

At Rehaklinik Zihlschlacht you will benefit from our longstanding experience in neurorehabilitation and the unique holistic approach, that factors in a wide variety of therapies with a world class medical team and infrastructure. With the proposed three-weeks program, we will help you to overcome Post-Covid-19.

#### Post-COVID-19 rehabilitation program outline



- Entry assessment by senior physicians
- Development of patient tailored therapy plan
- Mind. 5 therapies per day (Mon-Fri)
- Improvement of breath symptoms and shortness of breath
- Mitigate acute disease & improve quality of life
- Learn disease coping strategies
- Daily physician visit
- Laboratory diagnostics
- Sightseeing on the weekend if desired

- Review of therapy plan and progress
- Mind. 5 therapies per day (Mon-Fri)
- Improvement of physical resilience, fitness and strength
- Learning coping with stressful situations
- Mitigating negative affects like fear, panic and depression
- Daily physician visit
- Sightseeing on the weekend if desired

- Review of therapy plan and progress
- Minimum 5 therapies per day (Mon-Fri)
- Stabilization of mental situation
- Achieving balance and tranquility
- Daily physician visit
- Final assessment by senior physicians
- Departure



### Therapy possibilities at your disposal:

- Specialized physio- und sports therapy
- Therapy with robotics (Lokomat®, Erigo®, Andago® etc.)
- Breath therapy
- Occupational therapy
- Swallowing therapy
- Water therapy
- Relaxation therapy (QiGong)
- Psychological support
- Therapy for distortion of bladder functions
- Additional therapies if required, e.g. acupuncture

The suggested program considers the therapy goals defined together with the patient based on their physical condition and individual wishes. An after-care plan will be recommended at the end of the rehabilitation program by the therapy team.

### CONTACT US

We gladly assist you in organizing your journey to our clinic. Please contact us via [international@vamed.ch](mailto:international@vamed.ch) or call us on +41 71 424 33 66. Also, if you have any questions please do not hesitate to contact us at any time.



Take a tour through our clinic to virtually experience the hotel comfort at Rehaklinik Zihlschlacht!

Rehaklinik Zihlschlacht AG · Hauptstrasse 2 · 8588 Zihlschlacht

+41 71 424 33 66 · [international@vamed.ch](mailto:international@vamed.ch)