

## PHYSICAL THERAPY CAN AID IN **POST-COVID19RECOVERY**

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- Direct Access & Telehealth Services At Peak Performance Physical Therapy
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Here at Peak Performance Physical Therapy, we offer methods of treatment for patients recovering from COVID-19. As more research is done, it's being discovered that there are several lasting effects from the virus, many of which are causing challenges that can continue for unprecedented amounts of time.

We want to inform you that the patients recovering from COVID-19 at our clinic

are no longer sick or contagious, and we are still taking the necessary precautions to prevent the spread of the virus. If you are experiencing lasting side effects of the virus, contact our clinic to learn more about how our physical therapists can aid in your recovery.

### How can therapy help with recovery?

Some common physical conditions we are seeing in people recovering from COVID19:

- Difficulty walking
- Shortness of breath
- Weakness
- Fatigue
- Decreased balance
- Difficulties with swallowing
- Memory problems
- Difficulty with word-finding
- Cognitive changes

COVID-19 isn't the only cause of these impairments. They can also be the result of other health conditions and illnesses, such as the flu, pneumonia, asthma, bronchitis, amyotrophic lateral sclerosis (ALS), and others.



Regardless of what the cause for your condition is, our physical therapists at Peak Performance Physical Therapy can help with recovery through the following types of training and exercise programs:

- Aerobic exercise and reconditioning for improved pulmonary health
- Stretching
- Endurance training
- Balance and gait training
- Upper and lower body strengthening exercises
- Breathing exercises to increase lung function and capacity
- Manual therapy
- Restoring muscle strength

### Getting on the road to recovery.

It doesn't matter if you've been experiencing the above mentioned lingering side effects from COVID-19 or another illness altogether; therapeutic intervention may benefit you and help you get back to living as normally as possible. **Call our clinic today to set up an appointment and learn more about what we're doing to prevent the spread of COVID-19.**



**Jill Marlan**  
PT, MSPT, OMP, CSCS  
CEO & Founder of Peak Performance

## A MESSAGE FROM THE CEO

*Covid-19 has hit our local communities hard. The second surge has shown to have more of an impact on our local communities than the initial surge we experienced in March. We have seen that many of these "recovered COVID-19" cases have had lingering effects of fatigue, general de-conditioning and difficulty breathing with exertion. Peak Performance Physical Therapy is committed to doing all we can to help our communities rise above COVID-19. The good news is our doctors of physical therapy can help combat these lasting effects. Proactive care has been shown to have the best results! Our staff is here to answer any questions you may have. I am proud of our staff for the tireless effort they have put forth through this pandemic to help so many people "Reach their Peak!"*

# DIRECT ACCESS & TELEHEALTH SERVICES AT PEAK PERFORMANCE PHYSICAL THERAPY

Did you know that you don't need to have a referral from your primary care provider to see a physical therapist at Peak Performance Physical Therapy? It's true, thanks to Direct Access. If you require physical therapy for a chronic condition or injury, call our clinic today to learn more about how you can get started on your journey towards a pain-free life.

**What is Direct Access?** Direct Access allows you to be in control of your healthcare and the speed at which you're able to receive it. Each state allows for you to receive an evaluation and treatment from a physical therapist without a physician's referral through Direct Access legislation. This is a really helpful benefit because it results in quicker access to healthcare that is more effective and long-lasting.

**What if I don't feel comfortable with in-person appointments?** Direct Access also applies to in-home care services, pediatric therapy clinics, hospitals, and telehealth services. Peak Performance Physical Therapy would like to reassure you that we're still here to help you in your journey towards feeling better – even if you aren't able to attend in-person appointments, or are uncomfortable doing so.

**What is Telehealth?** In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Telehealth is a way to make sure that our patients are still receiving the highest possible quality of care they need from a remote location, such as their home. Telehealth services can be accessed via your smartphone or computer, and you will be able to perform your PT treatments remotely. You will also be able to track your progress and see how you are improving throughout your treatments – without coming directly to our clinic. At Peak Performance Physical Therapy, our telehealth services even offer live video consultation, where you can connect with your physical therapist to talk about your treatment plan. You can also message one of our physical therapists to ask questions or get advice about your condition.

**What conditions can Telehealth services treat?** There are several conditions that you can receive treatment for through Telehealth, including, but not limited to the following:



- Respiratory issues
- Sports medicine/athletic training
- Fibromyalgia
- Parkinson's Disease
- Injury rehabilitation and prevention
- Arthritis pain
- Back pain
- Headaches/migraines
- Post-surgical rehab

**Benefits of physical therapy.** A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. They know how to find problem areas and create a customized treatment plan aimed at improving or relieving your pain condition. Peak Performance Physical Therapy physical therapists help patients strengthen their muscles and joints, improve their range of motion, prevent injury, improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Our success depends upon your success, and we strive to create a warm, welcoming environment where you can heal safely and comfortably. **Call our clinic today to schedule an appointment or to learn more about Direct Access and/or our Telehealth services!**

## IMMUNITY BOOST GREEN GODDESS SOUP

### INGREDIENTS:

- 3 cups baby spinach/super greens blend
- 1 clove whole peeled garlic
- 2 tbsp fresh ginger, sliced
- 1/4 tsp cayenne pepper
- 1/4 tsp ground turmeric
- 1/4 tsp wasabi powder (optional)
- 1 cup chicken or vegetable broth
- 1/2 cup coconut milk
- Salt & pepper to taste



- Squeeze of fresh lemon or lime juice
- For garnish:
- broccoli florets, lightly steamed
- 1/4 cup Greek yogurt, thinned with milk
- Chia seeds

### INSTRUCTIONS:

Mix all ingredients (except those for the garnish) together using a high-speed blender. Heat over stovetop until steaming hot. To serve, pour into a bowl and garnish with broccoli florets, a swirl of yogurt, and chia seeds.

## Relieve Pain In Minutes

Try this movement if you are experiencing pain.



### ADDUCTOR STRETCH

The adductors are an often ignored muscle when stretching the hip region. They make up a large part of you leg and affect how your hip moves. Stretch 15

seconds 2-3 times.

**To view this video and many more, scan our QR code. This will take you directly to our YouTube page.**



CALL TODAY! 517.853.6800 | [www.peakperformanceomt.com](http://www.peakperformanceomt.com)

**PEAK PERFORMANCE**  
Physical Therapy

# Patient Success Spotlight



***"She helped me get better physically."***

"The entire office staff was always friendly and welcoming. Thank you! Tiffany was great. She is always friendly, educated, patient, and gives great advice on how to improve for a better quality of life. She helped me get better physically. Peak Performance is a great place and I have recommended you several times. Thanks for all you do for people." - **C.D.**

## WE MAKE IT EASY TO LEAVE A REVIEW!



(Lansing Location)



(Okemos Location)

### INSTRUCTIONS:

1. Open your smartphone to the camera app



2. Center the desired QR code in the frame  
*(this will take you directly to our Google Review Page)*

3. Let us know how we did!



(DeWitt Location)



(Mason Location)

## FIND US ON SOCIAL MEDIA



**CALL TODAY TO SCHEDULE AN EVALUATION!  
YOU DON'T HAVE TO BE HURT TO GET BETTER**

**PEAK PERFORMANCE**  
*Physical Therapy*

**(517) 853-6800**

**Because you are a past patient of Peak Performance Physical Therapy, we invite you for:**

Lansing Clinic  
DeWitt Clinic

Okemos Clinic  
Mason Clinic

[www.peakperformanceompt.com](http://www.peakperformanceompt.com)

## Community Corner

Peak Performance Physical Therapy staff made goodie bags in these photos for Valentines Day to be delivered to local community partners!

