



For many people whose bodies have been affected by COVID-19, the road to recovery is just beginning when they leave the hospital or recover at home.

The virus can affect many different systems within the body – from the lungs, to the heart, to the muscles that make walking and talking possible. People recovering from COVID-19 may experience a combination of cognitive, psychological, and physical signs and symptoms that remain for weeks to months after the virus leaves the body.

The Post-COVID-19 Care Centers at Inova provide a wide array of interdisciplinary services with the goal of supporting recovery from physical, cognitive and psychological symptoms.

Common long-term symptoms of COVID-19 include:

Physical Symptoms	Cognitive Symptoms	Psychological Symptoms
Difficulty breathing	Difficulty with memory	Anxiety
Weakness and balance problems	Trouble concentrating	Depression
Pain or numbness	Slowed mental processing	PTSD
Difficulty walking	Trouble carrying out daily tasks	Sleep problems



When to Seek Rehabilitation Services

If you or someone you love is suffering from any of these symptoms for more than two weeks after COVID-19 symptoms resolve, you may benefit from an evaluation by one or more of our specialists. Starting a rehabilitation program soon after recovery can help you get back to your normal life and activities as quickly as possible.

Your Care Team May Include:

- Medical provider
- Physical therapists
- Occupational therapists
- Speech-language pathologists
- Pulmonary rehabilitation specialists
- Mental health providers

Initial Evaluation

The initial evaluation will be individualized for each patient, and it is likely to include the following:

- Review of medical and pulmonary history
- Mobility, strength and balance assessment
- Cognitive assessment
- Assessment of activities of daily living, home management and return to work
- Screening for depression, anxiety and post-traumatic stress disorder (PTSD)

To schedule an initial evaluation, a physician's referral is needed. Contact your doctor for a prescription for physical therapy, occupational therapy, and/or speech evaluation and treatment.

Post COVID-19 Rehabilitation services are available at all five Inova hospitals. Please call your preferred Inova Rehabilitation Center.

Inova Alexandria Hospital
4320 Seminary Rd.
Alexandria, VA 22304
703.504.3535

Inova Fairfax Medical Campus
3300 Gallows Rd.
Falls Church, VA 22042
703.776.6080

Inova Fair Oaks Hospital
3600 Joseph Siewick Dr.
Fairfax, VA 22033
703.391.3642

Inova Loudoun Hospital
44035 Riverside Pkwy., Suite 500C
Leesburg, VA 20176
703.858.6668

Inova Mount Vernon Hospital
2501 Parkers Ln.
Alexandria, VA 22306
703.664.7190

Please note: Pulmonary Rehabilitation is offered at Inova Alexandria, Inova Fairfax and Inova Loudoun hospitals.

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