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BUSINESS

FEELING WIPED OUT FROM COVID-19?
**PHYSICAL THERAPY CAN
HELP YOU RECOVER.**

INSIDE:

- What A Physical Therapist Can Do To Help You Recover From COVID-19
- Tips For Better Heart Health



FEELING WIPED OUT FROM COVID-19? PHYSICAL THERAPY CAN HELP YOU RECOVER.

To say that 2020 was a whirlwind would be an understatement. Without a doubt, COVID-19 has taken our world and flipped it upside down! Everywhere we look, we see news and information regarding the virus, and as more research is done, it's being discovered that there are several negative lasting effects from it. Many of these side effects are causing physical and emotional challenges that can continue for an unknown period of time.

We're all wearing masks and buying up hand sanitizer by the gallon to prevent the spread of the virus, but we still must prepare for what may happen to our bodies if we do get sick. Recovery from COVID-19 is no easy feat. Here at Garber Physical Therapy, we offer methods of physical therapy treatment for patients recovering from COVID-19.

To learn more about what our clinic is doing to prevent the spread of COVID-19 as well as treat patients suffering from painful side effects, contact our office today!

Experiencing These Side Effects? You Might Need Physical Therapy.

The virus has been found to lead to a loss of function in many different areas of the body.

As time has passed, the list of side effects from COVID-19 has lengthened drastically. Different people report different things happening to them, and can be much worse for some than for others depending on age, pre-existing conditions, and other factors.

A few commonly experienced side effects of COVID-19 are as follows:

- Feelings of soreness all over, bodily aches and pains
- Balance and gait issues, vertigo
- Fatigue, exhaustion
- Weakened muscle strength
- Decreased heart and lung capacity
- Difficulty breathing (leading to neck pain, rib pain, back pain)
- Decreased stamina
- Impaired ability to walk and stand upright

We know this list looks long (and a bit intimidating!), but the good news is that you don't have to travel the road to recovery all on your own. **Physical therapy treatment at Garber Physical Therapy can help you get your strength back!**



1. *Feel free to call us and ask to speak to your therapist.*



2. *Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.*



3. *If further assessment is warranted, your therapist might recommend you come in for an appointment.*

Call Garber Physical Therapy to talk with your physical therapist today!

What A Physical Therapist Can Do To Help You Recover From COVID-19

Although many people do not experience severe side effects of the virus and therefore may not need intense rehabilitation, there are plenty of people who come through our doors feeling extremely weak and at a loss for how to shake the residual problems caused by the virus.

COVID-19 places a lot of physical and emotional stress on a person, and as your body fights the virus and begins to heal itself, you might be left feeling as if you really have just sustained an injury. COVID-19 side effects should be treated just like any other kind of physical trauma that results in pain.

Regaining your strength back after a bout of COVID-19 is a long process, but physical therapy can help. **Our skilled therapists at Garber Physical Therapy can help patients get their muscle strength, stamina, and energy back during recovery through the following types of training and exercise programs:**

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



Your physical therapist will complete a full assessment of your condition, ask you health-related questions regarding your experience with COVID-19, and pinpoint the exact areas on your body that may be causing you pain. From there, he or she will create a customized treatment plan specific to your needs for optimizing your levels of function and restoring your health to what it was previous to contracting the virus.

Garber Physical Therapy doesn't have all the answers about when COVID-19 will be a thing of the past. What we do know, is that our physical therapy treatment options are a sure-fire way to help those in need of rehabilitation. **If you or a loved one is struggling to recover from COVID-19, don't let the painful side effects become chronic conditions.**

**Call us today at (864) 583-6420
or visit [GarberPhysicalTherapy.com](https://www.GarberPhysicalTherapy.com)**

How We're Keeping You Safe



- Everyone is wearing masks
- We are taking everyone's temperature
- Each patient is given a pair of gloves to wear during the duration of their appointment, so no hands are touching surfaces.
- We are wiping down all equipment after each use.
- In addition to wiping surfaces after use, 2x per day, we are sanitizing everything with Clorox solution
- Private rooms and areas are available
- We are practicing social distancing



Pink Sunrise Strawberry Smoothie

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- 1/2 - 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk - regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

Place all ingredients into a high speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

Show COVID-19 Who's Boss, Contact Us Today!



COVID-19 has indeed wreaked havoc on our health, work, and social lives. Here at Garber Physical Therapy, our physical therapists strive to give our patients back their ability to function normally, and help ease the suffering COVID-19 caused their bodies. We won't rest until we see that our patients are healthy, strong, and pain-free.

Contact our office today to learn more about our physical therapy services for COVID-19 recovery. Our skilled physical therapists are ready and waiting for you with a smile...even if you can't see it through our masks!

Source: <https://www.advisory.com/daily-briefing/2020/06/02/covid-health-effects>

Call us today to schedule your appointment!

Leave A Review! We Make It Easy!



GREER
LOCATION



SPARTANBURG
LOCATION

INSTRUCTIONS

1. Open your smart phone to the camera app.
2. Center the QR code above in the frame (this will take you directly to our Google Review Page).
3. Let us know how we did!

Did You Know?

We Can Also Treat:

- Arthritis
- Auto Accidents
- Back Pain
- Chronic Pain
- Hand Pain
- Headaches
- Neck Pain
- Personnel Injuries
- Post-Surgical Rehab
- Sports Injuries
- Vestibular Pain
- Work Injuries

Valentines Day Word Search

C U U U V A L E N T I N E S J
F U A H U E Q J J X N Q R K P
U T P H R Q Z P S W E E T C Q
X J W I J A U H A A W M A R V
Q I F R D R C D E O C X J B L
Z M D O Z R C X L A C T G Z L
S H P Y U O H F L M R K A S C
S K E C N W O V F O W T X D H
Y I P H R G C P E H V F Y U
G S U L D Q O M U N O E E N G
I S Q W U U L D L V M O Q J S
F E A L Q C A N D Y W J Z E J
T S X R F Y T V K N S J Z G B
A O W X G N E F C Z A Y O C H
A O J Z K Q H P D T C O R D F

- Gift
- Hugs
- Love
- Arrow
- Candy
- Cupid
- Heart
- Sweet
- Kisses
- Flowers
- Chocolate
- Valentine

Tips For Better Heart Health

- **Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- **Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- **Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- **Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.