

Experiencing
lasting effects
of COVID-19?

Post-COVID
Therapy can
help you
recover.



Post-COVID therapy can help you recover if you're experiencing effects of COVID, including:

- Fatigue and Weakness
- Cough or shortness of breath
- Muscle pain
- Headache
- Memory issues and trouble concentrating
- Sleep problems
- Anxiety or depression
- Joint pain

Some Therapy treatment options include:

- Mixture of aerobic and resistive exercises
- Cognitive Therapy
- Swallow/dysphagia therapy
- Manual therapy techniques to improve headaches
- Mental Health support
- Functional Balance training
- Energy Conservation training

Call 320-843-1340 for a free 15-minute screening by Big Stone Therapies at Swift County - Benson Health Services.



Committed to Community. Dedicated to Your Health.

