

Did you have COVID-19? Still have symptoms?

I ache all over.

A slow walk around the park leaves me breathless and exhausted.

My heart still races even though I am resting.



For some people, the lasting coronavirus symptoms are nothing like when they were first infected.

You are more likely to have ongoing or more severe symptoms if you are over the age of 50 years, have multiple chronic illnesses, or became very ill with COVID-19.¹

Working with a physiotherapist in-person or virtually can help you *manage* and *improve* your symptoms.

FIND A PHYSIOTHERAPIST
physiotherapists.opa.on.ca/physiotherapists

**BE HEALTHIER
AND STRONGER.**



**ONTARIO
PHYSIOTHERAPY
ASSOCIATION**

1. <https://www.cdc.gov/mmwr/volumes/69/wr/mm6930e1.htm>