



PRN Physical Therapy PACER Program

Post-Acute COVID-19 Exercise and Rehabilitation (PACER)
After COVID Exercise and Rehabilitation with PBFR

Benefits of the

PRN PACER Program

Education

- ◆ Assist the patient in the understanding of their condition, body status and develop individual plans to restore function
- ◆ Educate in activity modification and energy conservation

Exercise Training

- ◆ Upper and lower body strengthening
- ◆ Aerobic conditioning
- ◆ Stretching
- ◆ Respiratory Exercises
- ◆ Posture
- ◆ Balance and positional awareness

Treatment Components

- ◆ Individualized evaluation and function assessment
- ◆ Establishing a plan to address functional losses to include:
 - ◆ Manual Therapy to assist with mobility of the spine, chest, and extremities

Personalized Blood Flow Restriction Training

PRN Physical Therapy are leaders in the care of patients post-COVID or post-prolonged deconditioning.

Many patients who have gone through infection by COVID-19 have sustained significant impairments in muscle strength, cardiovascular issues, decreased lung capacity, pain, and weakness causing balance, endurance, and altered walking abilities. This can lead to a significant loss of function and independence. Their significant decline in function does not spontaneously recover after their discharge from the hospital or experiencing the illness. The significant change in health creates a need for skilled physical and occupational therapists, who have been specifically trained in the care of post COVID patients, to assist these individuals to regain their life.

PRN Therapists have passed coursework and are specifically trained for the care of post COVID patients through the APTA- American Physical Therapy Association.

Benefits of Personalized Blood Flow Restriction Therapy (PBFRT)

- ◆ Blood flow restriction (BFR) allows patients who are unable to perform high load exercises recover through recruitment of both slow and fast twitch fibers, where normally just the slow twitch fibers are working, creating substantial strength and muscle growth effects while exercising at light loads. These individuals will be coming off very extended periods of disuse which will cause them to lose muscle.
- ◆ It allows the ability to create a significant workload with less central cardiovascular demand.
- ◆ BFR helps reduce oxidative stress to help decrease systemic inflammation.
- ◆ BFR as been shown to improve vascular endothelial function and peripheral blood circulation in elderly.
- ◆ BFR creates a systemic response to help counteract many of the impacts from COVID-19.
- ◆ Improves VO2 Max to assist with breathing abilities

Medical Clearance Needed:

The individual must pass the CDC guidelines for persons with COVID-19 under isolation or for persons who have not had COVID-19 symptoms but tested positive and are under isolation before entering the program.



SAN DIEGO PACER PROGRAM LOCATIONS

IMPERIAL VALLEY LOCATION

- 1** **ENCINITAS** – *Hand Therapy OT/CHT*
317 N. El Camino Real, Ste 210, Encinitas, CA 92024
T 760.634.0248 F 760.904.4521
- 2** **CARLSBAD**
2245 Camino Vida Roble, Ste 103, Carlsbad, CA 92011
T 760.683.8959 F 760.208.1781
- 3** **LA JOLLA/UTC**
4435 Eastgate Mall, Ste 120, San Diego, CA 92121
T 858.587.8669 F 858.863.1755
- 4** **SAN DIEGO/UPTOWN**
4060 Fourth Avenue, Ste 206, San Diego, CA 92103
T 619.299.5246 F 619.573.9913
- 5** **MISSION VALLEY** – *Hand Therapy PT/CHT*
2650 Camino Del Rio North, Ste 200, San Diego, CA 92108
T 619.295.3000 F 619.573.9912
- 6** **LA MESA** – *Hand Therapy OT/CHT*
5905 Severin Drive, La Mesa, CA 91942
T 619.589.2606 F 619.573.9911
- 7** **EL CAJON** – *Aquatic Therapy*
1663 Greenfield Drive, El Cajon, CA 92021
T 619.440.5752 F 619.573.9896
- 8** **SPRING VALLEY/RANCHO SAN DIEGO**
10225 Austin Drive, Ste 204, Spring Valley, CA 91978
T 619.670.4567 F 619.573.9895
- 9** **CHULA VISTA**
3130 Bonita Road, Ste 100, Chula Vista, CA 91910
T 619.422.5315 F 619.573.9906
- 10** **EASTLAKE**
2437 Fenton Street, Ste B, Chula Vista, CA 91914
T 619.656.5176 F 619.573.9907

- 11** **EL CENTRO** – *Hand Therapy OT*
1611 West Main Street, El Centro, CA 92243
T 760.337.1144 F 760.904.4402

