

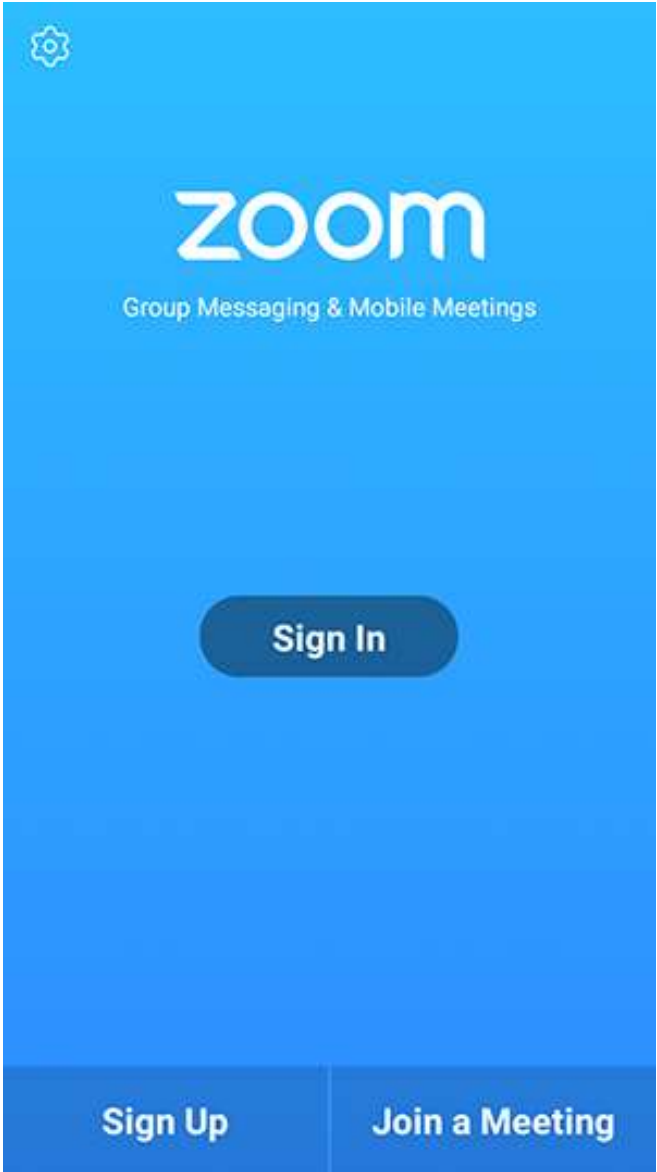
Post-acute COVID Syndrome: Origins and lessons learned so far

David Putrino, PT, PhD

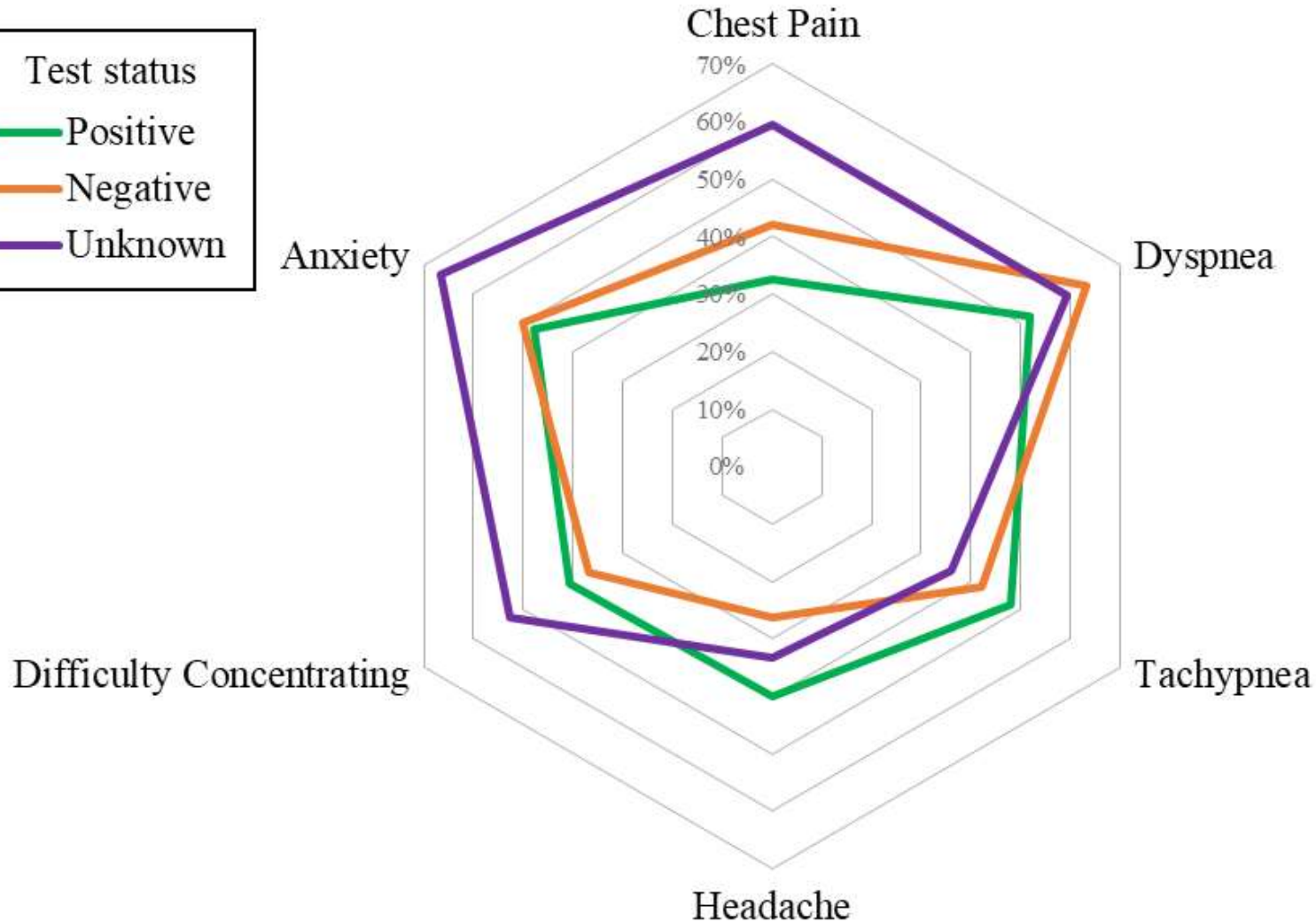
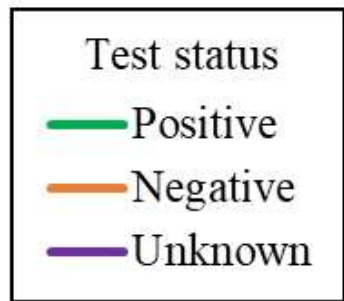


**Mount
Sinai**

Precision Recovery: The early rollout technology



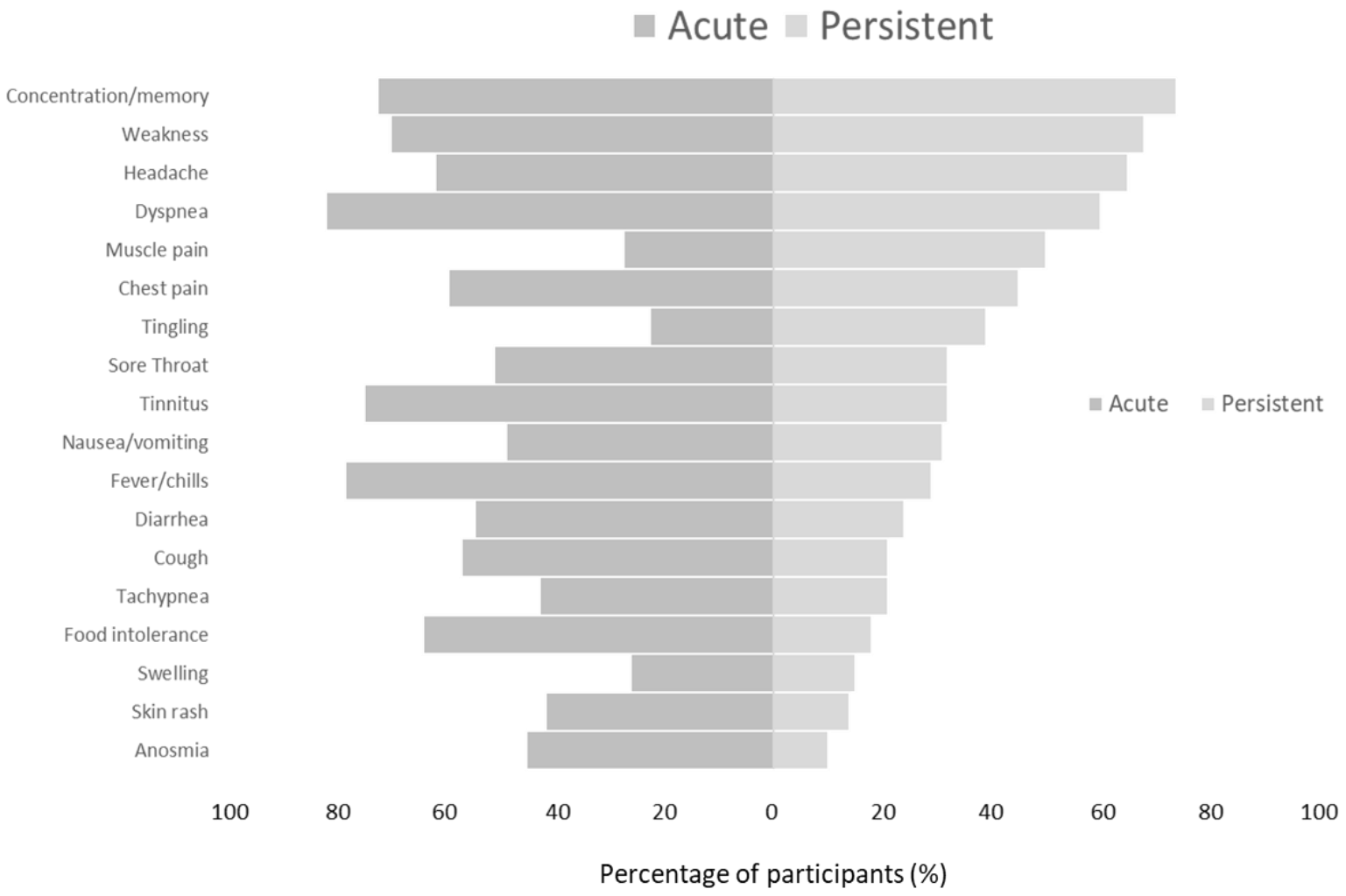
Precision Recovery: Insights from 60,000+ days of monitoring data



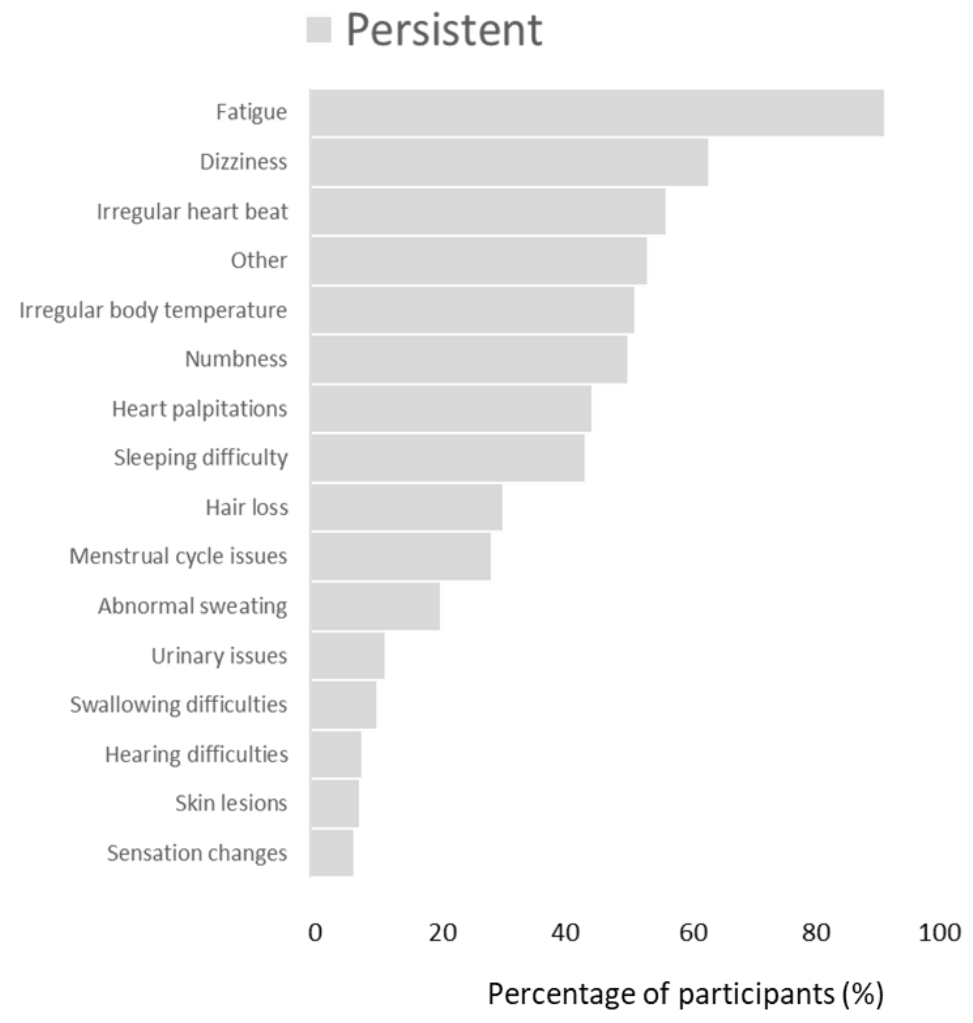
Patients that sought out the Precision Recovery program self-reported the same symptomology regardless of PCR-test status.

Tabacof et al, 2020a

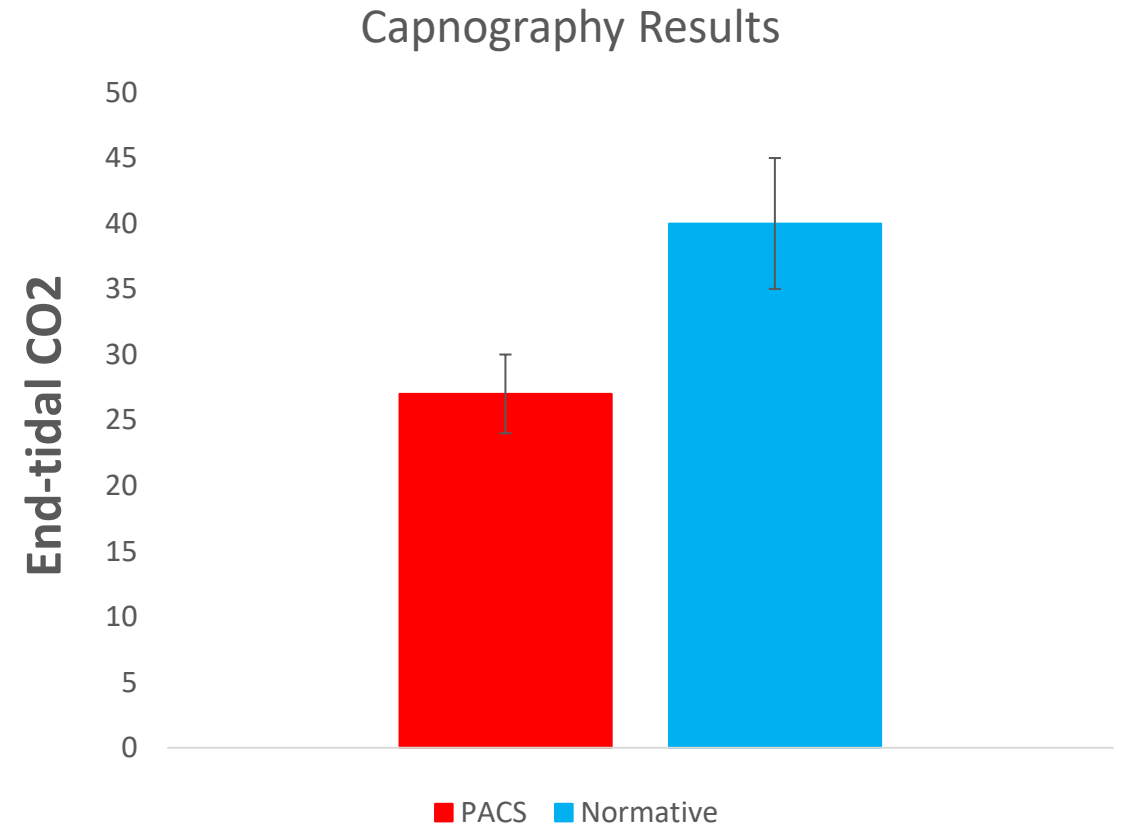
a)



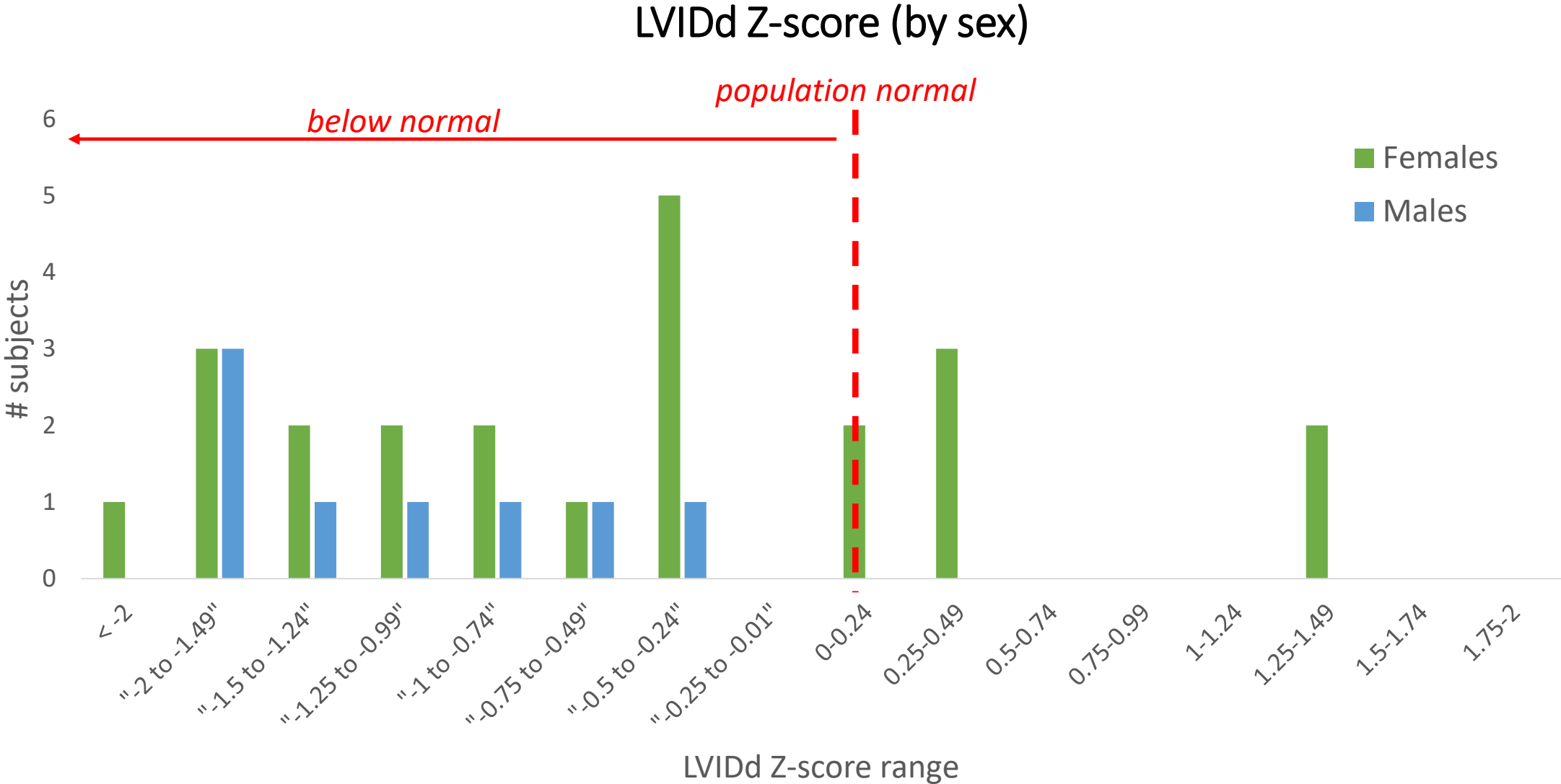
b)



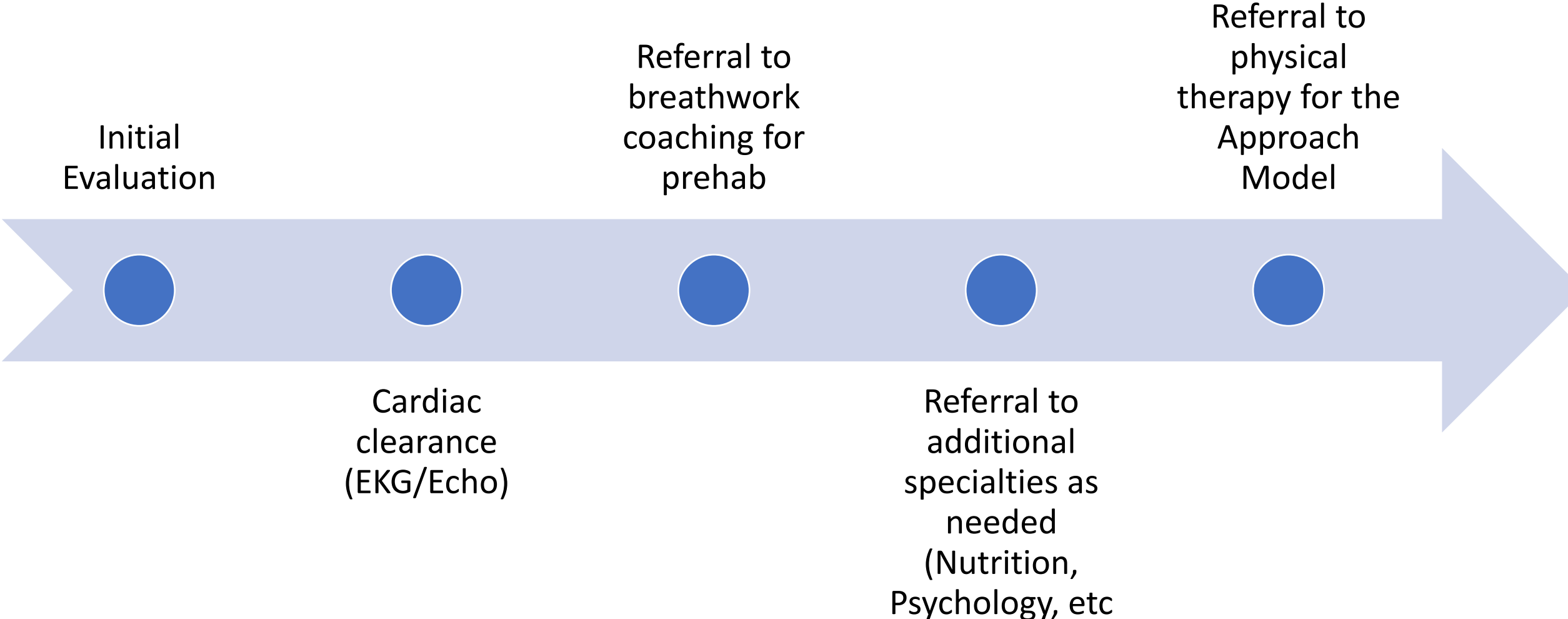
Interesting assessment features: hypocapnia

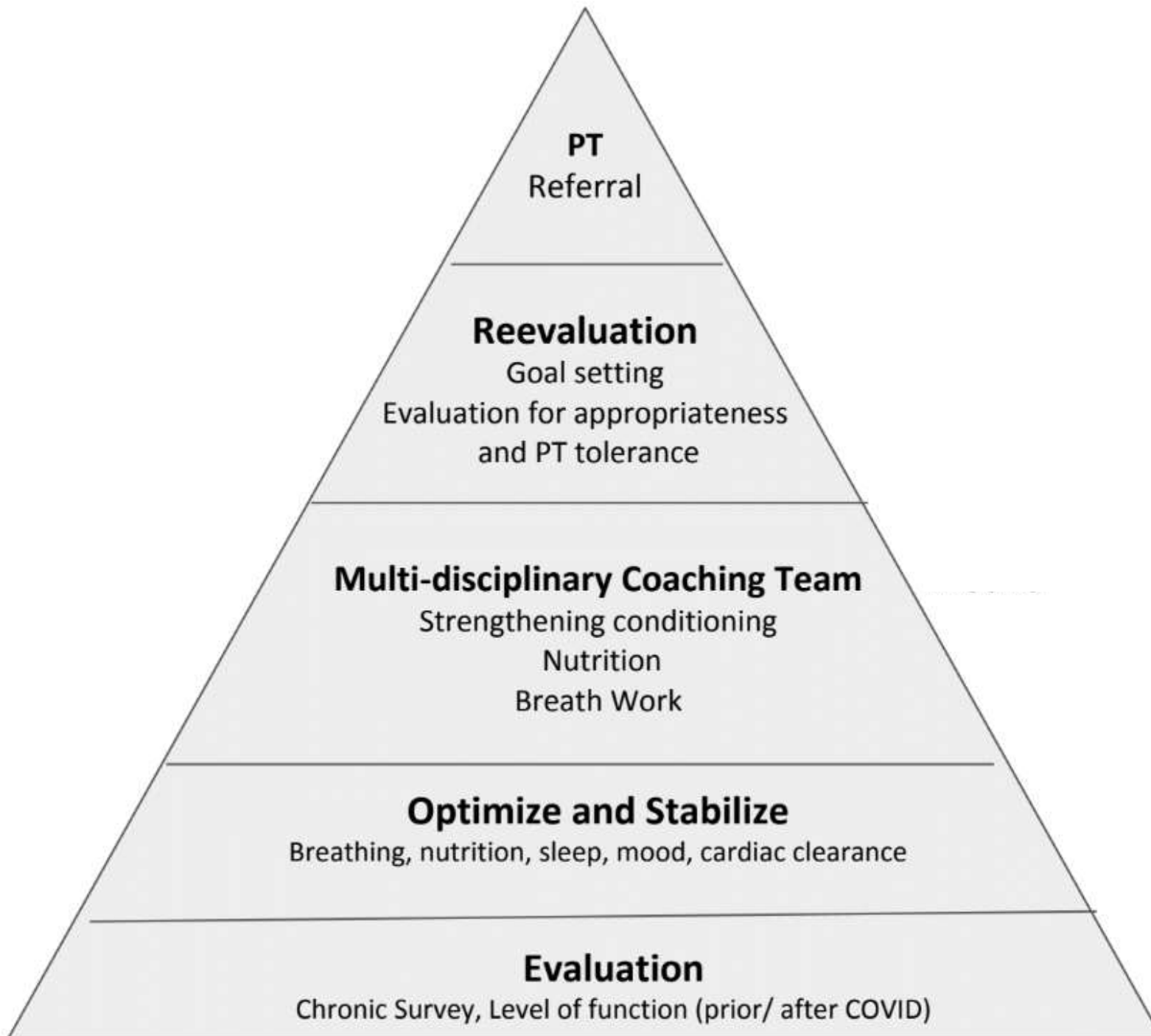


New Ax features: reduced LV dimensions



Current care pathway for patients with PACS





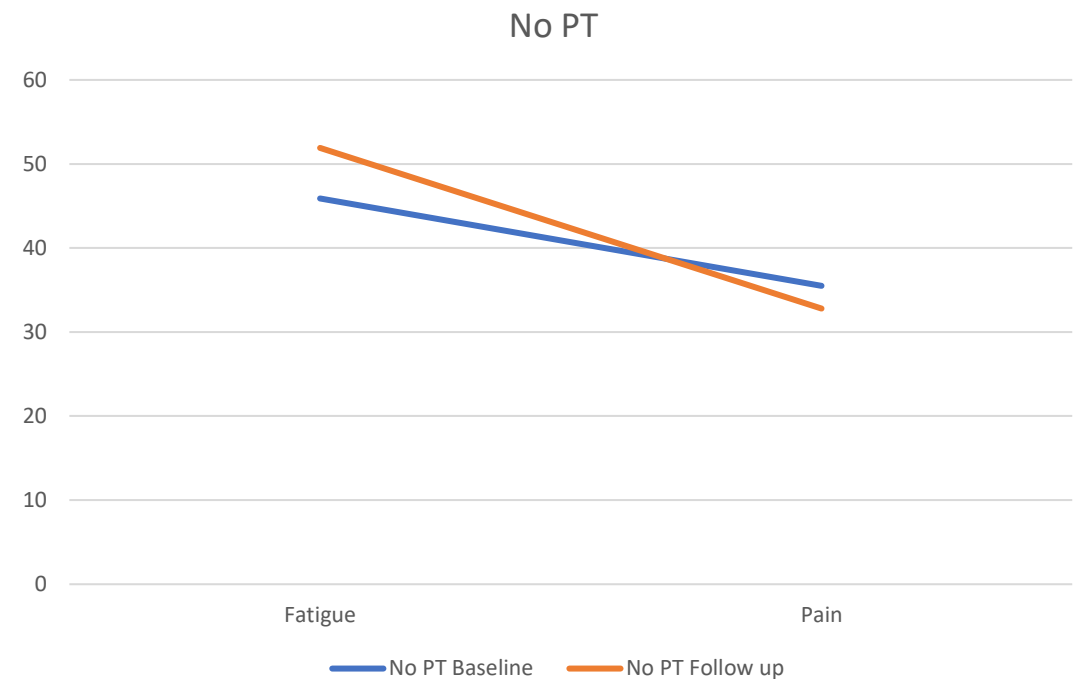
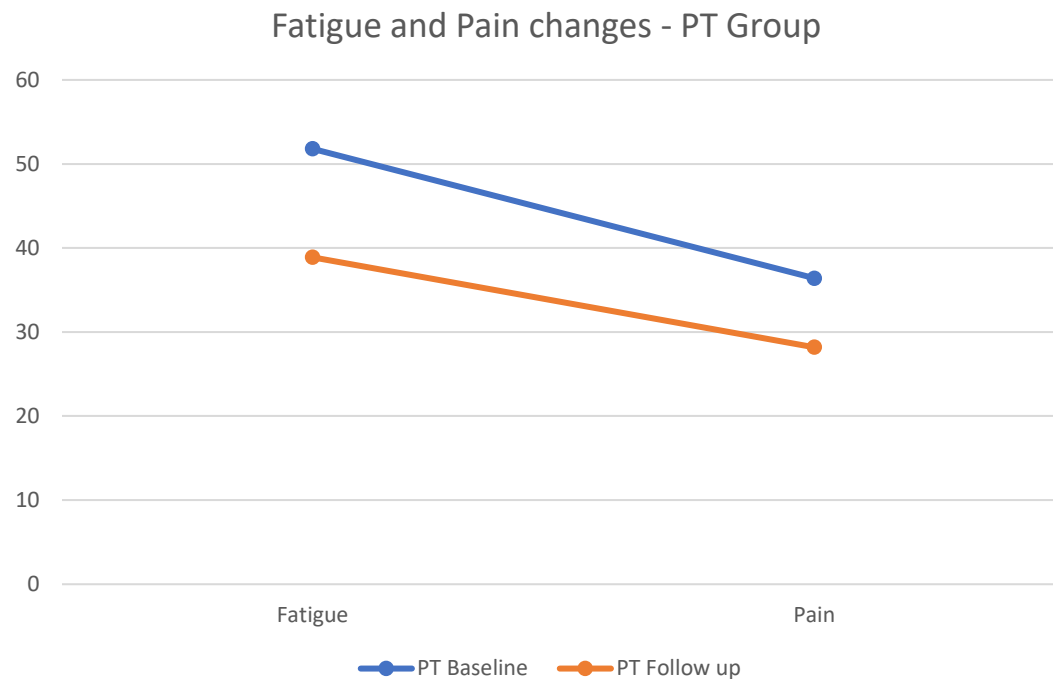
Creation of an entirely novel approach to managing a debilitating post-viral syndrome.

Tosto et al (in review)

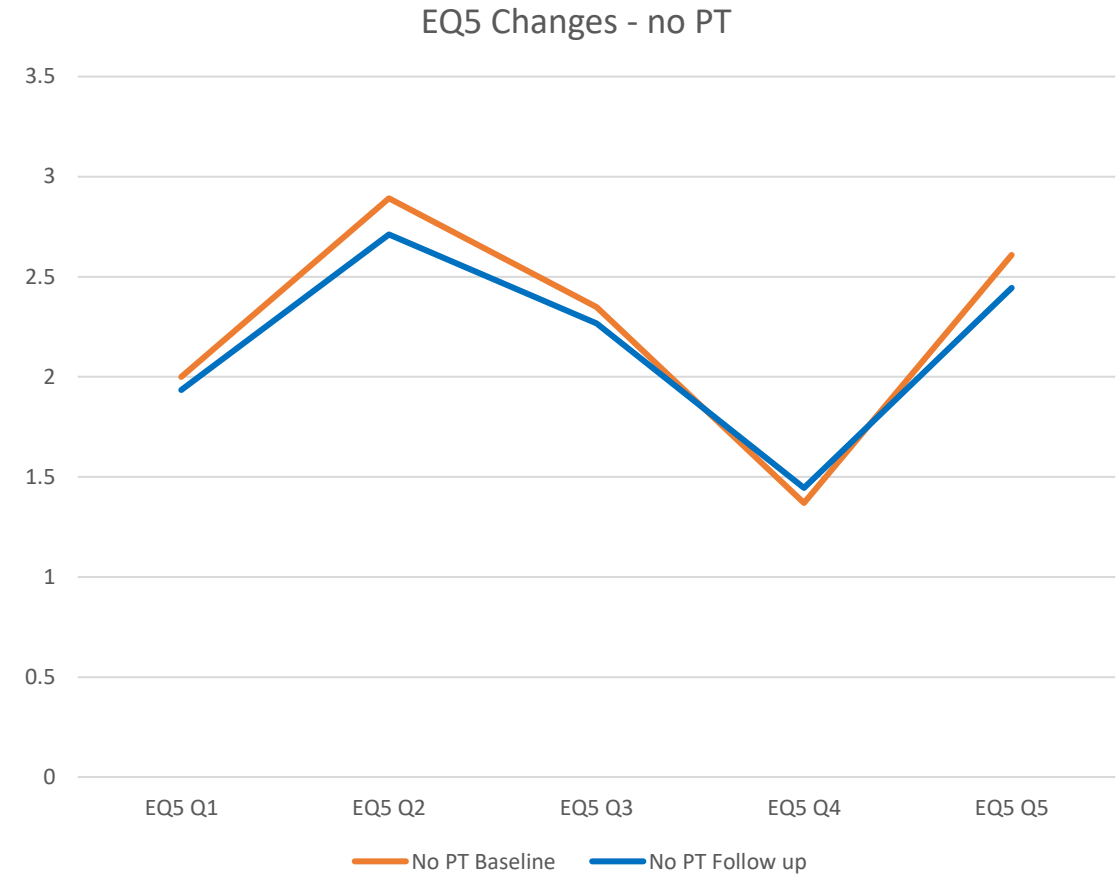
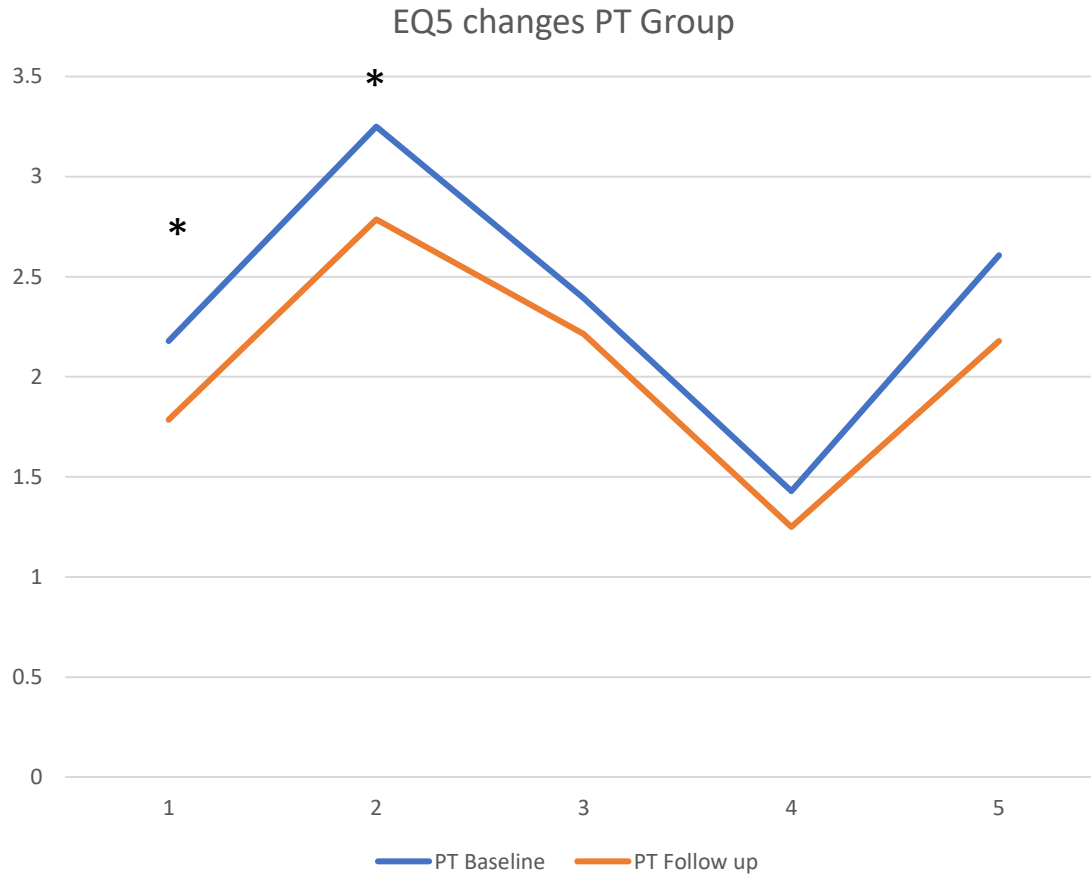
Cohort analysis

- PT group (n = 44)
- No PT group (n = 45)
- No significant difference in baseline PROs
- Follow up at ~160 days after a baseline intake

Fatigue and Pain: PT group vs. non-PT group



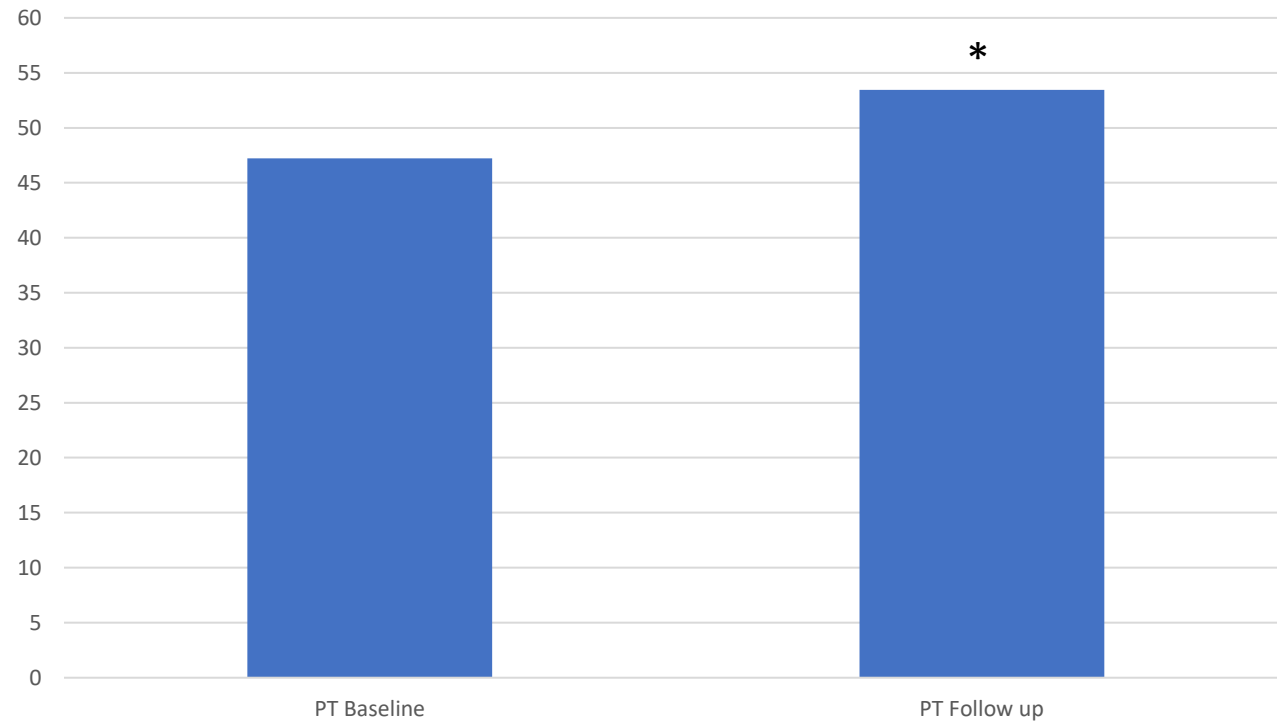
EQ 5: PT group vs. non-PT group



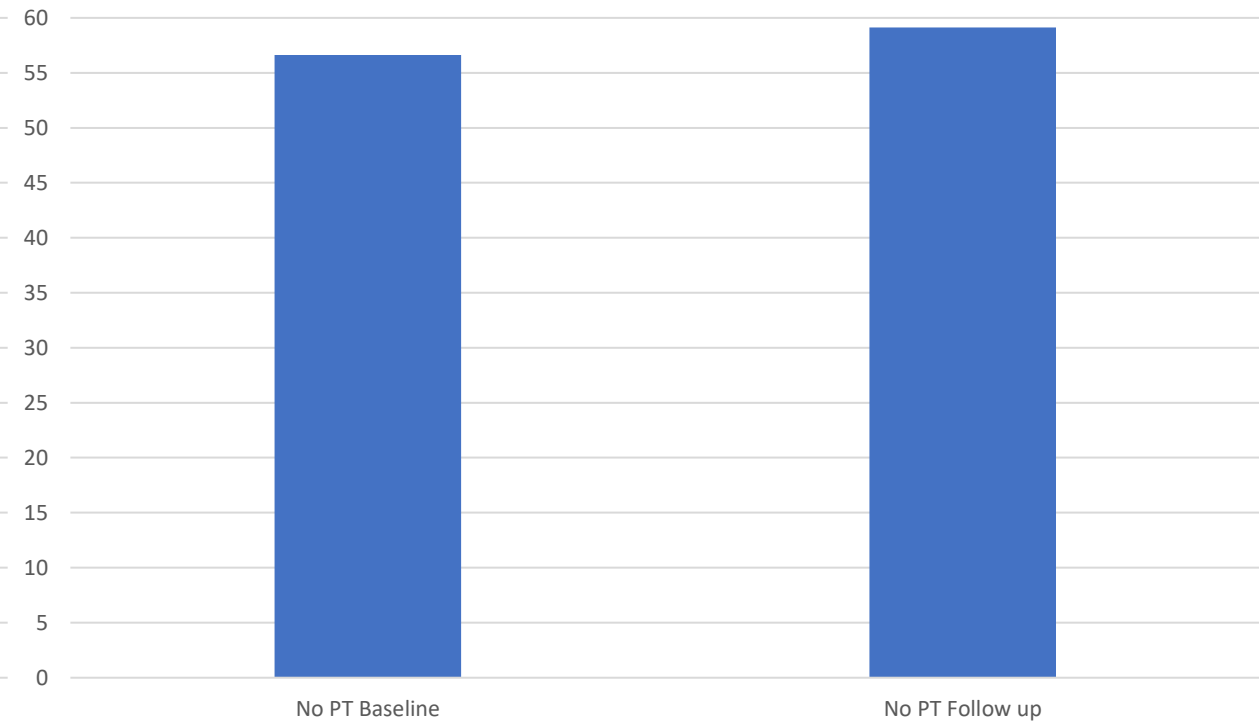
*p<0.01

EQ 5 VAS: PT group vs. non-PT group

EQ5 VAS changes - PT Group

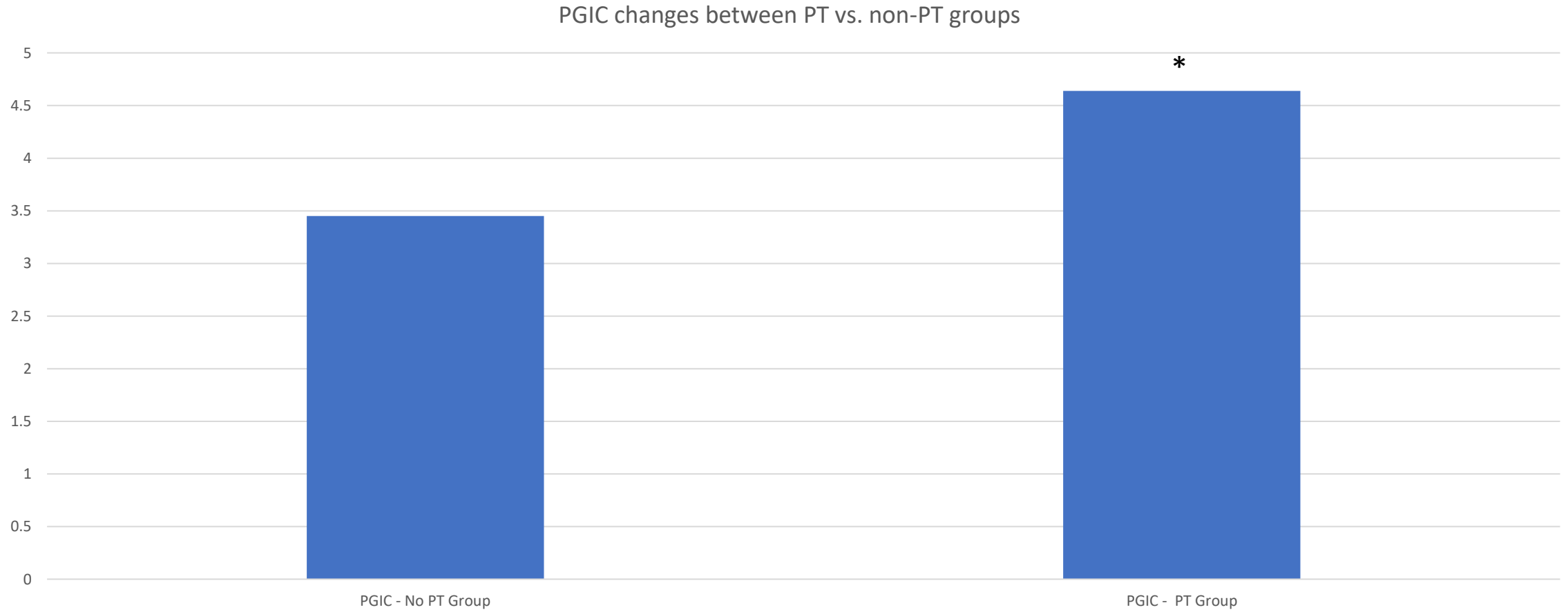


EQ 5 VAS no PT



*p<0.01

PGIC: PT group vs. non-PT group



*p<0.001

No PT median score: 3

PT median score: 5

THIS IS NOT A VICTORY LAP!!!

- At best we are influencing symptoms by 30% with 160 days of rehab

Acknowledgements

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Alex Bunt
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Rose Perry

**Our incredible doctors
and therapists**

**Our amazing interns and
past lab members**

All of our patients



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