

IRB Protocol #: 21/11-144
Approved: November 18,
2021 / November 17, 2022
LPU Sponsored Projects

MANUAL THERAPY APPROACH TO LONG HAULERS AND RESPIRATION

It is the goal of this study to see if physical therapy intervention via telehealth can help improve “long haulers” overall fatigue, breathlessness with activities of daily living, and vocal fatigue, and test breathlessness.

These sessions will be free

Participation in this study involves:

- Guided sessions of stretching, by a speech and physical therapist twice a week for 45 minute sessions for 4 weeks via ZOOM
- Completing two surveys that will take 20 minutes of your time
- Utilizing a pulse oximeter to checking your oxygen saturation and a pedometer to checking your walking length.

For more information about this study, please contact the principal investigator, Amy McGorry, PT, DPT, MTC at 516-299-2695.

Please use the QR Code to fill out eligibility screening tool.



You can join this study if you are:

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- Adults = 18 Years of Age
- Positive Covid Test Within the Past Year
- Prolonged Symptoms After Sars-Cov-2 Infection, The Virus That Causes Covid-19 For More Than 4 Weeks After Initial Infection
- The study participant should have both lungs and should be healthy lungs
- Note From Physician Clearing You to Participate in An Exercise Program

You can join this study if you do not have/are not:

- Current Or Former Smokers
- Diagnosis Of Copd, Emphysema or Asthma
- Actively Undergoing Treatment of Cancer
- Actively Undergoing Radiation Treatment
- Surgical Removal of Lung, Or Partial Removal of Lung
- Currently Having Active Covid 19 Infection
- Less Than 4 Weeks Since Testing Positive for Covid Infection
- Absence Of a Positive Test for Covid -19
- Active Rheumatological Disease
- Autoimmune Disease Affecting Cartilage, Muscles, Lungs, Or Joints (Scleroderma, Rheumatoid Arthritis, Lupus, Etc.)
- The Participant Can Not Be Undergoing Physical Therapy Treatment for An Injury or Illness
- No Current Fractures or Injuries
- Participants With Prior History of Neurological Deficits or Voice Disorders
- Previously Treated Participants for Any Voice Dysfunction
- Participants With Previous History of Head and Neck Cancer