

## Other languages

This leaflet can be translated and provided in other languages on request.

We can also provide the information in other formats including Braille, large print and as a recording. Please contact us if you need help.

Our website [www.manchesterlco.org](http://www.manchesterlco.org) also has this information online and can be automatically translated or read in Browsealoud.

## Compliments and complaints

If you have any suggestions, comments, compliments or concerns about the services you have received, the **Patient Advice and Liaison Service (PALS)** team are here to help.

Whether you are a patient, a relative, friend or carer, they will listen to your concerns, help make your voice heard and liaise with the relevant staff to sort out any problems quickly.

The PALS team are part of our host organisation Manchester University NHS Foundation Trust. You can contact the team by email at [pals@mft.nhs.uk](mailto:pals@mft.nhs.uk) or call **0161 276 8686**.

## Who provides this service?

This service is provided by Manchester Local Care Organisation (MLCO). MLCO is the organisation that provides NHS community health and adult social care services in the city. **Find out more about MLCO at [www.manchesterlco.org](http://www.manchesterlco.org)**

## Contacting us

### Opening times


Our service is available  
Monday to Friday 08:00 - 16:00

For further information, please contact us per locality:

### North GPs

 **0161 470 6860 ext.54860**


 **[community.rehabilitation@nhs.net](mailto:community.rehabilitation@nhs.net)**

 **Community Rehabilitation Team**  
Victoria Mill Health Centre  
10 Lower Vickers Street  
Miles Platting, M40 7LH

### Central GPs

 **07971 729 154**


 **[mft.centralmcrcommunityrehab@nhs.net](mailto:mft.centralmcrcommunityrehab@nhs.net)**

 **Alexandra Park Health Centre**  
2 Whitswood Close  
Manchester, M16 7AP

### South GPs

 **0161 946 8364**

 **[mft.spa-uhsm@nhs.net](mailto:mft.spa-uhsm@nhs.net)**

 **Integrated Community Rehabilitation Service**, Wythenshawe Offices  
1 Stancliffe Road  
Manchester, M22 4PJ

# Manchester Post Covid Rehabilitation Service

Service information leaflet

Powered by:

## About the service

Welcome to the Manchester Post Covid Rehabilitation Service.

The Post Covid Team is a specialist multi-disciplinary team consisting of:

- Physiotherapist
- Occupational Therapist
- Therapy Assistant

We provide a home assessment or clinic appointment for patients who have been assessed at the Post Acute Covid Assessment service and are still experiencing ongoing symptoms.

Post Covid or 'Long Covid' is a term used to describe the ongoing symptoms as a result of a Covid-19 infection.

Ongoing symptoms include:

- Fatigue
- Breathlessness
- Sleep difficulties
- Difficulties returning to physical activity
- Anxiety and mood changes
- Difficulties returning to work
- Ongoing loss of smell

## What do we provide at an assessment?

The Post Covid Rehabilitation Service offer a holistic assessment to set patient led goals and develop rehabilitation programmes to address the symptoms of Post Covid syndrome, for example:

- Fatigue management
- Pacing
- Cognition including concentration, memory and brain fog
- Muscle weakness and deconditioning
- Balance and mobility problems
- Breathlessness
- Upper limb function
- Psychosocial problems including mood, stress and anxiety - with ongoing referral as appropriate
- Signposting

In case of a medical emergency please contact 111 or 999.

## Can I use this service?

People who use the Manchester Post Covid Rehabilitation Service need to:

- Be referred from Tier 3 Post Acute Covid Assessment Service
- Be registered with a North, Central or South aManchester GP
- Be aged 18 or over
- Be appropriate for therapy in their home environment or attend clinic appointments
- Be medically stable and not require acute hospital care

