


There are a variety of health services within the zone that can support individuals experiencing symptoms related to post-covid. In the Edmonton Zone, the **COVID Rehabilitation and Recovery Access line (CRRA)** at **780-868-8734** is available to support referral decision making by health care providers.

Rehab Service/Clinic	Web Links	Physical Activity (Musculoskeletal)	Managing Daily Life	Fatigue	Thinking	Cardiorespiratory	Psycho-Social	Medical Management
Mild Limitations	<ul style="list-style-type: none"> <li>• Alberta Referral Directory (ARD),</li> <li>• Inform Alberta (IA)</li> <li>• Primary Care Network (PCN)</li> <li>• University of Alberta (UAH)</li> </ul>	<ul style="list-style-type: none"> <li>• Weakness</li> <li>• Pain Management</li> <li>• Difficulties Walking</li> <li>• Mobility Needs</li> <li>• Falls Prevention</li> <li>• Return to Exercise</li> <li>• Post exertional malaise</li> </ul>	<ul style="list-style-type: none"> <li>• Return to Activity/Work</li> <li>• Difficulty doing usual activity (ADLS/IALS)</li> <li>• Home Safety</li> <li>• Leisure</li> <li>• Eating and Swallowing</li> <li>• Nutrition</li> <li>• Loss of taste and smell</li> <li>• Vision</li> </ul>	<ul style="list-style-type: none"> <li>• Fatigue Management</li> <li>• Sleep Disturbances</li> </ul>	<ul style="list-style-type: none"> <li>• Brain Fog</li> <li>• Concentration</li> <li>• Thinking</li> <li>• Memory</li> </ul>	<ul style="list-style-type: none"> <li>• Shortness of breath</li> <li>• Cough</li> <li>• Chest pain</li> <li>• Dizziness</li> <li>• Fainting</li> <li>• Dysautonomia/orthostatic hypotension</li> <li>• Noisy breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Mood changes</li> <li>• Grief</li> <li>• Depression</li> <li>• Anxiety</li> <li>• PTSD related to COVID</li> <li>• Finances</li> <li>• Employment Issues</li> </ul>	<ul style="list-style-type: none"> <li>• Dysautonomia/orthostatic hypotension</li> <li>• Headaches</li> <li>• Bowel and Bladder</li> </ul>
Moderate Limitations								
Severe Limitations								
Addiction & Mental Health Access	 						✓	
AHS Virtual Hospital – Edmonton Zone Virtual Hospital (EZVH)	 					✓		✓
Cardiac Rehabilitation Program	 					✓		
Chronic Disease Management Better Choices Better Health (BCBH)	 		✓				✓	
Chronic Disease Management Occupational Therapy (CDM OT)	 		✓		✓			
Community Rehabilitation Interdisciplinary Services (CRIS)	 		✓	✓	✓			
Comprehensive Home Option Integrated Care for the Elderly (CHOICE)	 	✓	✓	✓	✓		✓	✓
Corbett Hall Student Physical Therapy Clinic		✓	✓	✓		✓		
Outpatient and Community Physiotherapy Services (OCPS)	 	✓						
PCN COVID-19 Recovery Clinic		✓	✓			✓	✓	✓
Provincial Long COVID-19 Inter-Professional Outpatient Program (IPOP) Clinic						✓		✓

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<ul style="list-style-type: none"> <li>Mild Limitations</li> <li>Moderate Limitations</li> <li>Severe Limitations</li> </ul>	<ul style="list-style-type: none"> <li>Alberta Referral Directory (ARD),</li> <li>Inform Alberta (IA)</li> <li>Primary Care Network (PCN)</li> <li>University of Alberta (UAH)</li> </ul>	<ul style="list-style-type: none"> <li>Weakness</li> <li>Pain Management</li> <li>Difficulties Walking</li> <li>Mobility Needs</li> <li>Falls Prevention</li> <li>Return to Exercise</li> <li>Post exertional malaise</li> </ul>	<ul style="list-style-type: none"> <li>Return to Activity/Work</li> <li>Difficulty doing usual activity (ADLS/IALS)</li> <li>Home Safety</li> <li>Leisure</li> <li>Eating and Swallowing</li> <li>Nutrition</li> <li>Loss of taste and smell</li> <li>Vision</li> </ul>	<ul style="list-style-type: none"> <li>Fatigue Management</li> <li>Sleep Disturbances</li> </ul>	<ul style="list-style-type: none"> <li>Brain Fog</li> <li>Concentration</li> <li>Thinking</li> <li>Memory</li> </ul>	<ul style="list-style-type: none"> <li>Shortness of breath</li> <li>Cough</li> <li>Chest pain</li> <li>Dizziness</li> <li>Fainting</li> <li>Dysautonomia/orthostatic hypotension</li> <li>Noisy breathing</li> </ul>	<ul style="list-style-type: none"> <li>Mood changes</li> <li>Grief</li> <li>Depression</li> <li>Anxiety</li> <li>PTSD related to COVID</li> <li>Finances</li> <li>Employment Issues</li> </ul>	<ul style="list-style-type: none"> <li>Dysautonomia/orthostatic hypotension</li> <li>Headaches</li> <li>Bowel and Bladder</li> </ul>
Pulmonary Rehab	<input type="checkbox"/> ARD <input type="checkbox"/> IA					✓		
Rehabilitation Advice Line (RAL)	<input type="checkbox"/> ARD <input type="checkbox"/> IA	✓	✓	✓	✓	✓		
Restorative CHOICE - South	<input type="checkbox"/> ARD	✓	✓	✓	✓		✓	
Specialized Rehabilitation Outpatient Program (SROP) - Adult	<input type="checkbox"/> ARD <input type="checkbox"/> IA		✓	✓	✓			
Supervised Transitional Exercise Program (STEP)	<input type="checkbox"/> ARD <input type="checkbox"/> IA			✓				