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From: ^General Delivery
Sent: Wednesday, July 7, 2021 7:20 AM
Subject: Rehabilitation After COVID-19

THE HANFORD SITE

July 7, 2021

TO: All Hanford Site Employees
FROM: HPMC Occupational Medical Services

SUBJECT: Rehabilitation After COVID-19

****PLEASE SHARE THIS MESSAGE WITH THOSE WHO ARE NOT ON COMPUTERS****

We are excited to announce a newly expanded HPMC Occupational Medical Services (HPMC OMS) work conditioning service to include specific guidance for recovery from COVID-19 infection. If you are experiencing lasting symptoms related to COVID-19 infection, we can provide supervised exercise sessions to gradually restore your physical fitness, improving both your quality of work and quality of life! This service utilizes muscular strengthening, cardiovascular endurance and posture correction to assist those still suffering from fatigue, shortness of breath or deconditioning related to COVID-19. In addition to being supervised by an exercise physiologist during the work conditioning sessions, patients will receive guidance on home exercises that can continue their reconditioning in a safe and effective manner.

HPMC OMS providers encourage anyone interested in this service to first discuss it with their personal care physicians. If you are cleared and interested please call (509) 376-9040 or email [Laura Carpino](#) to schedule an appointment. This service is being offered as a subclass of the overall work conditioning service provided by HPMC OMS and prospective patients should discuss participation with their managers or supervisors. See the HPMC OMS [website](#) for more information.



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