

PASC Collaborative Long COVID Compendium

As the world moves on from the acute phase of COVID-19, millions of patients are still left struggling with Long COVID, a debilitating condition with no single test, and no proven cure. A new compendium from the American Academy of Physical Medicine and Rehabilitation (AAPM&R) helps fill the vacuum with urgently needed, consensus-driven guidance for healthcare providers.

Developed by a nationwide network of experts from more than 40 Long COVID centers, the compendium empowers frontline providers with practical, evidence-informed tools to diagnose, manage, and support patients with the most prevalent Long COVID symptoms.

The guidance prioritizes patient validation, symptom-specific care, and accommodations for the millions of Americans living with this often invisible disability that has a serious impact on society.

HOW TO USE THIS TOOLKIT

We've created the following toolkit to help spread the word to providers about this helpful new resource. Please customize the sample language below to fit your needs and communication channel formats.

Short Feature for Website/Email

New Long COVID Compendium Offers Practical Tools for Providers

As millions continue to experience the lasting effects of Long COVID, the American Academy of Physical Medicine and Rehabilitation (AAPM&R) has released a new compendium to help frontline providers diagnose, manage, and support patients with the most common and complex Long COVID symptoms.

Developed by experts from over 40 Long COVID centers, this resource offers practical, evidence-informed guidance to address symptoms like fatigue, brain fog, respiratory issues, and more. It emphasizes patient validation, individualized care, and the critical role primary care providers play in patient care.

Access the compendium at <https://bit.ly/longcovidcompendium>.

Newsletter Article

New Long COVID Compendium Offers Practical Tools for Providers

As healthcare systems transition beyond the acute phase of the COVID-19 pandemic, millions of Americans are still grappling with Long COVID—an often debilitating condition with no single test, no proven cure, and a small number of dedicated clinics. In response to this urgent need, the American Academy of Physical Medicine and Rehabilitation (AAPM&R) has released a new compendium designed to equip frontline providers with the tools they need to support patients living with Long COVID.

Developed by a nationwide network of experts from more than 40 Long COVID centers, the compendium offers practical, evidence-informed guidance for diagnosing, managing, and supporting patients with the most common and complex Long COVID symptoms. It emphasizes patient-centered care, symptom-specific treatment, and accommodations for the millions of Americans experiencing what is often an invisible and misunderstood disability.

The compendium provides actionable strategies to address a wide range of overlapping challenges—including brain fog, fatigue, respiratory issues, and pain. Importantly, it encourages physicians to validate patient experiences and tailor treatment to individual needs, especially in the absence of one-size-fits-all tests or timelines.

This resource is a timely and essential addition to the clinical toolbox for providers navigating the ongoing effects of COVID-19. Access the compendium at <https://bit.ly/longcovidcompendium>.

BlueSky/X Post

Millions are still living with #LongCOVID—and frontline providers need current management strategies!

AAPM&R's new compendium offers practical, evidence-informed guidance on diagnosing and managing symptoms like fatigue, brain fog, and more.

A must-read for providers: <https://bit.ly/longcovidcompendium>
#MedTwitter #PMR #RehabMedicine #COVID19

LinkedIn Post

New Resource for Providers Treating Long COVID

The American Academy of Physical Medicine and Rehabilitation (AAPM&R) has released a new compendium offering consensus-driven, evidence-informed guidance to help frontline providers diagnose and manage the most common Long COVID symptoms like fatigue, brain fog, respiratory issues, and more.

This practical tool emphasizes patient validation, individualized care, and health equity. It is a must-read for any healthcare provider navigating the long tail of the pandemic.

Access the compendium at <https://bit.ly/longcovidcompendium>.

#LongCOVID #PMR #RehabilitationMedicine #MedicalResources #AAPMR

About the PASC Collaborative

In March 2021, AAPM&R established the Multidisciplinary PASC Collaborative, a diverse group of physicians, clinicians, and patient advocates, to address the pressing need for guidance in caring for patients with Long COVID.

The PASC Collaborative developed the first and only multidisciplinary collaborative consensus guidance to provide clinicians with practical recommendations for diagnosing and treating the most prevalent Long COVID symptoms.

The nine consensus guidance statements published by the PASC Collaborative are:

- Fatigue (August 2021)
- Breathing Discomfort (December 2021)
- Cognitive Symptoms (December 2021)
- Cardiovascular Complications (June 2022)
- Pediatrics (September 2022)
- Autonomic Dysfunction (September 2022)
- Neurological Symptoms (May 2023)
- Mental Health Symptoms (November 2023)
- The Long COVID Compendium (September 2024)