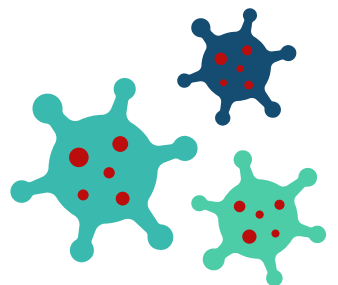
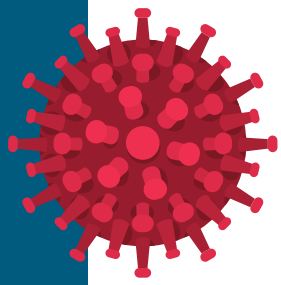


**PHYSIOTHERAPISTS INVOLVED IN THE MANAGEMENT OF ACTIVE OR POST COVID PATIENTS**



# WINDHOEK

<p><b>Auasblick</b>                  Auas Hills Physiotherapy                  081 288 3828 or 061 400 824                  Acute COVID (home advice)                  Post &amp; Long COVID                  Rehabilitation &amp; home visits</p>	<p><b>Lady Pohamba Hospital</b>                  Wellington Physiotherapy                  081 315 5343                  COVID ICU and post-COVID                  discharges into the main                  hospital</p>	<p><b>Lady Pohamba Hospital</b>                  PT Jantjies Physiotherapy                  061 211 885                  COVID ICU and post-COVID                  discharges into the main                  hospital</p>
<p><b>Mediclinic</b>                  Karin Stofberg Physio Team                  061 305 060 or 061 224 696                  Acute COVID at Mediclinic                  Windhoek                  Post &amp; Long COVID                  rehabilitation</p>	<p><b>Mediclinic</b>                  Elite Physiotherapy                  Simba Mutaaranwa                  081 766 4706                  Acute COVID at Mediclinic                  Windhoek</p>	<p><b>Mediclinic</b>                  Physios@Hand                  Lindi Christensen, Martelize                  Strydom,                  Stephnie Mans                  081 407 7450                  Acute &amp; Post &amp; Long COVID                  Rehabilitation</p>
<p><b>Rhino Park &amp; Surrounding Areas</b>                  Ronelle Isaacs Physiotherapists                  Ronelle Isaacs, Gabriel Mulenga,                  Ropafadzo Gunduza                  061 255 337 or 081 371 9494                  Acute &amp; Post &amp; Long COVID                  Rehabilitation</p>	<p><b>Roman Catholic Hospital</b>                  Roland Physiotherapy                  061 227 986                  Acute &amp; Post &amp; Long COVID                  Rehabilitation</p>	<p><b>Windhoek Central Hospital</b>                  WCH Physiotherapist                  06 203 3140                  COVID ICU and post-COVID                  discharges into the                  main hospital</p>
<p><b>Southwestern Parts of Windhoek</b>                  Jutta Kendzia Physiotherapy                  061 252 446                  Long COVID Rehabilitation                  (Home visits)</p>	<p><b>Academia /Pioneerspark</b>                  Janine Snyman Physiotherapy &amp;                  Kerstin Kempcke                  061 221 062 or 081 143 1311                  Post COVID Rehabilitation                  (at Practice &amp; home visits)                  Long COVID Rehabilitation</p>	<p><b>Pioneerspark</b>                  Elodie Boshoff Physiotherapy                  081 327 9681                  Post &amp; Long COVID                  Rehabilitation</p>
<p><b>Eros</b>                  Ellen Hoffmann Physiotherapy                  061 249 024                  081 612 8190                  Home visits for post-COVID                  patients</p>	<p><b>Windhoek West/Dorado</b>                  Christine Nashenda Physiotherapy                  081 422 7788 or 061 400 824                  Acute COVID (home advice)                  Post &amp; Long COVID Rehabilitation                  &amp; home visits</p>	<p><b>Dorado Valley</b>                  Wellington Physiotherapy                  061 402 720                  Post &amp; Long COVID Rehabilitation</p>
<p><b>City Centre</b>                  Rina Valentin Physiotherapy                  061 307 025                  Post &amp; Long COVID Rehabilitation</p>	<p><b>Wernhil Shopping Mall (City                  Centre)</b>                  Zenra Buys Physiotherapy at                  Khomas Medical Centre                  081 217 6004                  Acute (Locum in hospitals)                  Post &amp; Long COVID Rehabilitation                  (at Practice)</p>	<p><b>Khomasdaal</b>                  Zenra Buys Physiotherapy at                  Khomas Medical Centre                  061 385 642                  Acute (Locum in hospitals)                  Post &amp; Long COVID                  Rehabilitation (at Practice)</p>
<p><b>Soweto, Katutura</b>                  PT Jantjies Physiotherapy                  061 211 885                  Post &amp; Long COVID                  Rehabilitation                  COVID ICU &amp; discharges into                  main hospital</p>	<p><b>Physiotherapy</b>                    NAMIBIA</p>	<p><b>Soweto/Katutura</b>                  Oyetweni Physiotherapy @                  Oyetweni Health Facility                  (Abraham Mashego street)                  081 234 5360                  Acute COVID (home advice)                  Post &amp; Long COVID                  Rehabilitation                  Home visits</p>

**Note:** Many of the abovementioned physiotherapists may also be able to help patients with active COVID via a telephonic consult. Patients are encouraged to reach out if in need. For the purpose of this table: Post-COVID = after testing negative (day 10 -14 days after infection) until 12 weeks post infection, Long COVID = Persistent COVID related problems 12 weeks or more after infection.

