Synergism Restorative Therapies

Helping those with POTS, dysautonomia & Long COVID manage symptoms and get back to living life to the fullest
Virtual Coaching & Rehab Support

If rest hasn't been enough, and effort hasn't worked, it's time for a new plan!

WHY CHOOSE SYNERGISM

Living with POTS, dysautonomia, or Long COVID can feel overwhelming. Flare-ups, fatigue, and uncertainty often make progress feel out of reach. At Synergism Restorative Therapies, we provide compassionate, evidence-informed support that meets each client where they are — gently, consistently, and at their own pace.

WHO WE SUPPORT

- Individuals with Postural Orthostatic Tachycardia Syndrome (POTS)
- Those living with dysautonomia
- People navigating Long COVID and post-viral fatigue

WHAT YOU CAN EXPECT

- Personalized Assessment – Together we'll look at your current activities, symptoms, and triggers to establish a safe starting point.
- Individualized Strategies – You'll receive a customized plan for pacing, symptom management, and gentle activity progression.
- Ongoing Support – Through in-app messaging, education, and coaching calls, we'll stay connected and make adjustments along the way.
- Education & Understanding – You'll learn the "why" behind your symptoms and how to manage them, with compassionate guidance and tools for daily life.

HOW THIS HELPS

Many people come to us because they want to:

- Safely rebuild activity tolerance without constant setbacks
- Receive guidance and support with activity progression and exercise
- Find practical strategies to manage symptoms in daily life
- Have consistent encouragement and accountability
- Regain hope and confidence that progress is possible

Our approach provides:

- A safe, trauma-informed space to move at your own pace
- Personalized pacing and symptom management strategies
- Gentle improvements in activity tolerance and daily function
- Consistent communication, education, and guidance
- Tools that support long-term resilience and confidence

WHAT NEXT?

Scan QR code or click the link to learn more about us, what we do, and how to get started!

https://bit.ly/synergismrtweb

Still Unsure? Email us!
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Practical tips and resources on Naomi's Instagram: @its_all_about_that_pace