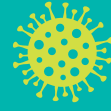


COVID ki dire a ak reyadaptasyon



World
PT Day
2021



Souf kout/
doulè lestomak

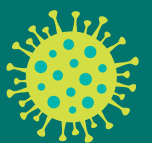
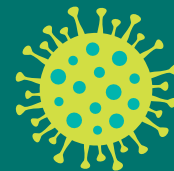
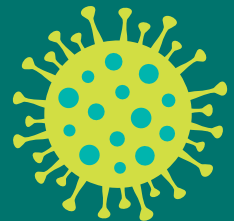


Anpil fatig/
sentom ki vinn pi
mal aprè on efò



Pwoblèm memwa
ak konsantrasyon

COVID ki dire a diferan
pou chak grenn moun
On fizyoterapet ka
ede'w jere sentom
COVID ki dire a.



Egzèsis ke yo preskri pou COVID ki dire a ta sipoze fèt ak swen pou diminye ris epi asire ke yo ede moun vinn pi byen e pa fè sentom yo vinn pi mal. Reyadaptasyon ta dwe vize pou anpeche nivo oksijèn nan san'w desann aprè on efò. Yon espesyalis fizyoterapet respiratwa ka ede lè gen siy tankou respirasyon rapid e plis ke ou ka bezwen avèk twoub respiratwa. **Lè sentom ou yo vinn pi mal aprè efò, yo pa ta dwe fè egzèsis gradyèl avè'w.**



World
Physiotherapy

www.world.physio/wptday