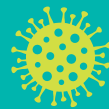


# COVID ki dire a ak reyadaptasyon



World  
PT Day  
2021



**On fizyoterapet ka ede'w  
jere nivo akivite'w ka fè pou  
COVID ki dire a avèk  
siveyans ritm ak  
batman kè'w.**



Jesyon aktivite oswa jesyon ritm ta sipoze san danje epi efikas pou jere fatig ak lè sentom yo vinn pi mal aprè efò. Siveyans batman kè a ta sipoze san danje epi efikas pou jere fatige ak lè sentom yo vinn pi mal aprè efò.

**Lè sentom yo vinn pi mal aprè on efò, yo pa ta dwe fè egzèsis gradyèl avè'w.**



World  
Physiotherapy

[www.world.physio/wptday](http://www.world.physio/wptday)