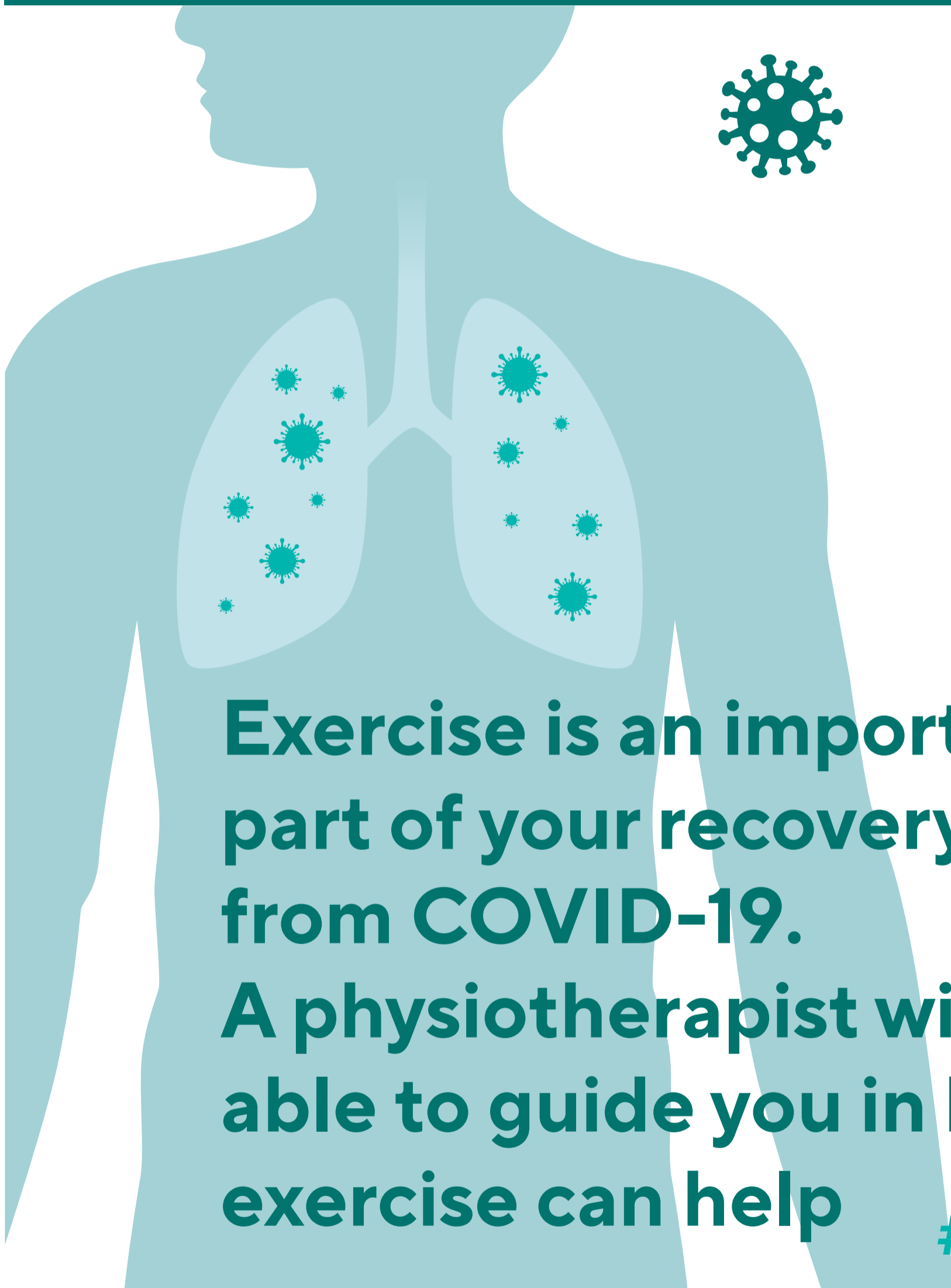


# Rehabilitation after COVID-19



World  
PT Day  
2020



**Exercise is an important  
part of your recovery  
from COVID-19.**

**A physiotherapist will be  
able to guide you in how  
exercise can help**

**#worldptday**

#### **Post-viral fatigue syndrome**

Up to 10% of people recovering from COVID-19 may develop post viral fatigue syndrome (PVFS). If you feel you are not improving, or if activity is making you feel much worse, speak to your physiotherapist or healthcare practitioner and ask them to assess you for PVFS. The rehabilitation of people with PVFS requires different management strategies.



**World  
Physiotherapy**

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