



An exercise plan from a physiotherapist can help your COVID-19 recovery



Exercise is an important part of your recovery from COVID-19, paced to match your needs. As experts in movement and exercise, physiotherapists can guide you in how exercise can help:



- improve **fitness**
- reduce **breathlessness**
- increase muscle **strength**
- improve **balance** and **coordination**
- improve your **thinking**
- reduce **stress** and improve **mood**
- increase **confidence**
- improve your **energy**

Try to be as active as you can to help you regain strength and help your lungs recover and remember to keep track of your progress

Although it is important to rest, physiotherapists recommend that you undertake regular short bursts of exercise rather than fewer longer sessions. Exercises to try:

- sit to stand
- marching on the spot
- step ups or stairs
- walking
- heel raises
- toe raises
- one leg stand
- wall push off



Physiotherapy is key to your recovery from COVID-19

If you feel unwell, experience extreme fatigue or severe shortness of breath, stop exercising and speak to your physiotherapist

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.



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