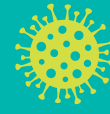


Long COVID and rehabilitation



World
PT Day
2021



shortness of breath/
chest pain



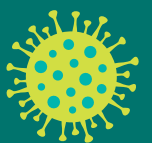
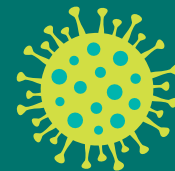
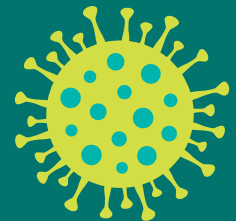
extreme fatigue/
post-exertional
symptom exacerbation



problems with memory
and concentration

Long COVID is different
for everyone.

A physiotherapist can
help you manage your
Long COVID symptoms



Exercise prescription in Long COVID should be approached with care to minimise risk and to ensure exercise programmes are restorative and do not make the individual's symptoms worse. Rehabilitation should aim to prevent oxygen desaturation on exertion. A specialist respiratory physiotherapist may help where there are signs of hyperventilation and breathing pattern disorders. **Graded exercise therapy should not be used, particularly when post-exertional symptom exacerbation is present.**



World
Physiotherapy

www.world.physio/wptday