



Oke ike ogwugwu na oria ikawanye njo mgbe Mmadu meghariri ahu nke ukwu



World
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OKE IKE OGWUGUWU

Oke ike ogwugwu bu onodu mmadu ihu onye ya ka oke ike gwuru ya kpamkpam. O bu ihe kachasi aputa ihe n'onodu Long COVID.

- onaghi akwusi ma mmadu zuo ike ma obu rahu ura
- ositeghi n'oru siri oke ike onye ahu ruru
- o nwere ike inapu mmadu ihe okwesiri iru n'ubochi
- o na-emegide uto nke ndu

PESE

Oria ikawanye njo mgbe imeghariri ahu nke ukwu bu oke ike ogwugwu nke n'eyiteghi oru mmadu ruru. O n'ebute nkwaru. O na-adi ka aga asi na onye ahu dapkoro adakpo. Ihe ndi n'ebute oria ikawanye njo a nwekwara ike ibu ihe ndi dibu mfe na mbu, dika:

- ihe mmadu n'emebu n'ubochi (dika isa ahu)
- mmekorita mmadu na ndi ozo
- iga ije (ma obu mmeghari ndi ozo)
- igu akwukwo, ide ihe ma obu iru oru n'elu tebulu
- ikpa nkata miri emi
- ino n'ebe adighi aghaa (dika ebe egwu n'adasi ike ma obu ebe oku n'acha wamwam)



Otutu njirimara ndi nwere Long COVID n'enwe yitere nke ndi nwere myalgic encephalomyelitis ma obu oke ike ogwugwu notegoro aka n'enwe.

Otu mba uwa n'ahu maka ahuike bu World Health Organization nyere ntuzi aka na ndozighari maka Long COVID ga agunye ikuziri ndi mmadu ka ha jiri nwayoo loghachi n'ihe ha n'arubu na mbu, n'uzo kwesiri ekwesi nakwa n'otu ike ha ga ebudonwu n'enyeghi ohere ka ike gwubiga ha oke ma obu ka oria ha kawanye njo.



Ihe n'akpalitekari oria ikawanye njo mgbe mmadu meghariri ahu nke ukwu bu imegharigasi ahu n'uzo di iche iche. Ihe dika pasenti iri asaa na ise n'ime ndi nwere Long COVID n'enwe oke ike ogwugwu a karia onwa isii.

Oke ndoga ga-eme ka njirimara oria ndi a kawanye njo:



- oke ike ogwugwu
- uburu isi akpakotaghi onu
- ahu mgbu
- ume ichu oso
- obi iku kpumkpum
- ahu oku
- nsogbu maka ura
- enweghi ume maka mmeghari ahu

Njirimara oria ndia n'aka njo ihe dika awa iri na abuo wee ruo awa iri ano na asato mgbe mmadu megharichara ahu. Onwekwara ike digide ruo ubochi, izuuka ma obu onwa.

Onye oru ahu ike gi bu fisioterapist ga edu gi na akurungwa ga enyere gi aka iji nwayoo kebie oru ubochi gi. Akurungwa nke a bukwa nke nyegoro aka maka ndi nwere oria myalgic encephalomyelitis ma obu oke ike ogwugwu notere aka.



KWUSI ikwanye onwe gi igaba n'ihu maka n'onwere ike imegide nloghachite ahu ike gi.



EZUMIKE bu ihe kacha mkpa n'ogwugwo gi. E chekwala ka ihutawa njirimara oria tupu izuo ike.



KEBIE oru ubochi gi. Nke a ga-enyere gi aka igbanari ihe ndi na-akpalite njirimara oria.

Ikpachapu anya di mkpa maka uzo nile eji agwo oria site na mmeghari ahu na ndozighari ahuike, okachasi n'ebe ndi nwere Long COVID nakwa ndi nwere ume oso kariri akari, oke obi iti kpumkpum ma obu obi mgbu.

Okwesighi ka etinye ahu mmeghari ji nwayo nwayo agbago, okachasi mgbe oria onye ahu na akawanye njo mgbe omeghari nke ukwu.



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