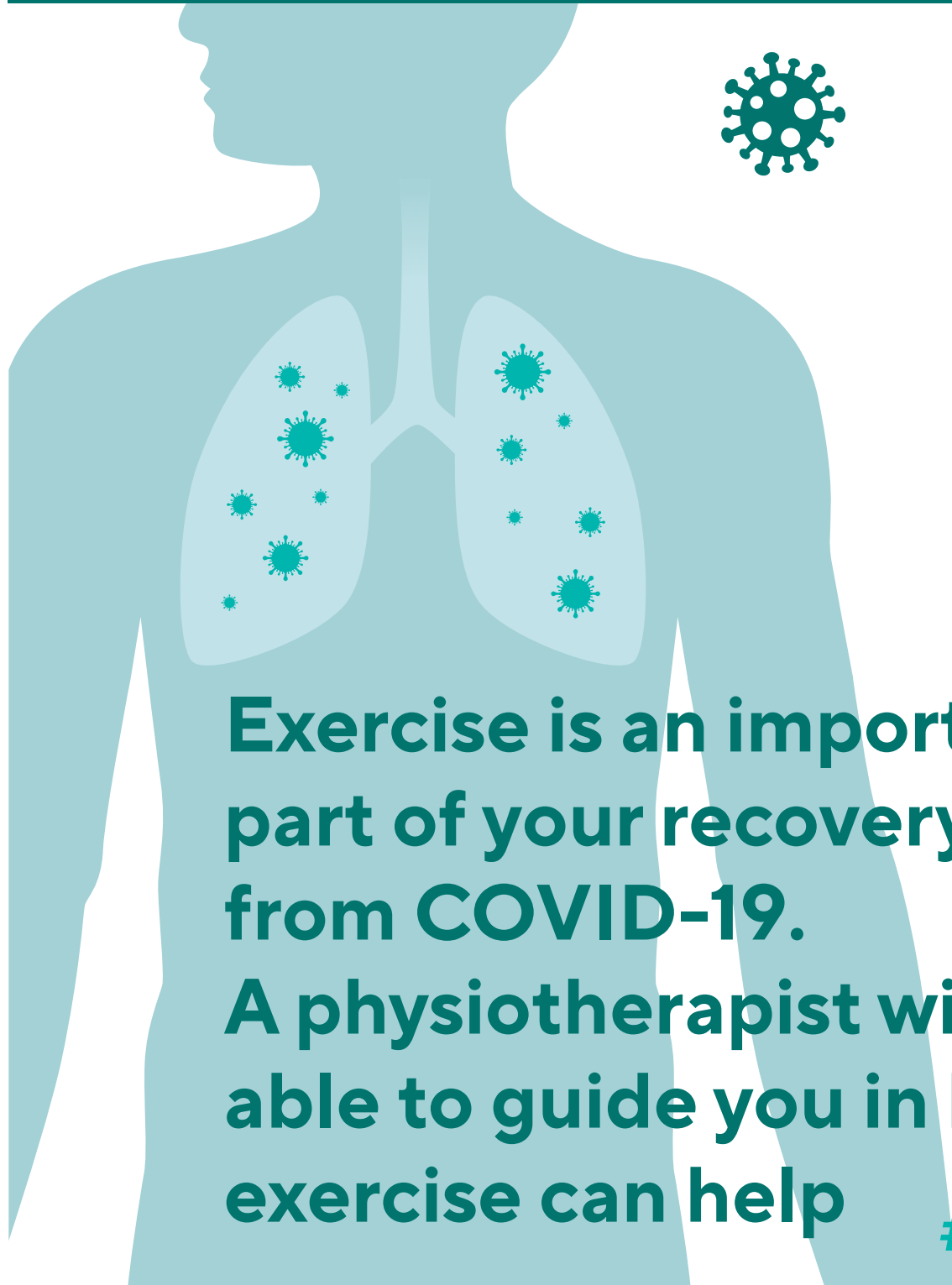


Rehabilitation after COVID-19


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