

## Information sources and further reading

### Infographic 1: 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**

[Support for rehabilitation self-management after COVID-19-related illness \(2020\)](#). World Health Organization

**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:**

[Covid-19 Recovery: Strengthening exercise poster](#). Chartered Society of Physiotherapy

[Support for rehabilitation self-management after COVID-19-related illness \(2020\)](#). World Health Organization

**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 response to COVID-19 briefing paper 2: Rehabilitation and the vital role of physiotherapy](#) p7.

### Infographic 2: Your recovery after severe illness with COVID-19

**People who have had severe cases of COVID-19 will need rehabilitation to recover from the effects of ventilation/oxygen support, prolonged immobilisation and bed rest. They may be suffering from**

[Rehabilitation considerations during the COVID-19 outbreak](#). Pan American Health Organization; World Health Organization

[World Physiotherapy response to COVID-19 briefing paper 2: Rehabilitation and the vital role of physiotherapy](#)

**Physiotherapy can play an important role in the rehabilitation of people who have been severely ill with COVID-19 in a hospital or other setting. These people are at risk of encountering (severe) limitations in physical, emotional, cognitive and/or social functioning.**

[KNGF position statement: Physiotherapy recommendations in patients with COVID-19](#). Royal Dutch Society for Physiotherapy (KNGF)



**Physiotherapists are crucial in early and ongoing rehabilitation for people recovering from severe COVID-19. They can help with**

- **early mobilisation and getting moving again**
- **simple exercises**
- **getting back to the activities of daily living**
- **lung recovery**
- **managing breathlessness**
- **coping with fatigue**
- **finding the balance between being active and taking rest**

**It takes time to recover from a severe illness – a physiotherapist will be able to guide you through the process and prioritise the goals that are important to you. They will work as part of multiprofessional teams to support your needs.**

[Rehabilitation of adults who are hospitalised due to Covid-19: physiotherapy service delivery](#). Chartered Society of Physiotherapy

[Rehabilitation considerations during the COVID-19 outbreak](#). Pan American Health Organization; World Health Organization

[Support for rehabilitation self-management after COVID-19-related illness \(2020\)](#). World Health Organization

**A physiotherapist can help people with physical activity, ability to exercise and your return to daily life.**

[KNGF position statement: Physiotherapy recommendations in patients with COVID-19](#). Royal Dutch Society for Physiotherapy (KNGF)

### **Infographic 3: Accessing rehabilitation with telehealth**

**Benefits of using telehealth for rehabilitation.**

[Introduction to telehealth](#). Physiopedia

**What is telehealth? Telehealth or eHealth is the use of electronic communications to share medical information to improve a person's health.**

[Introduction to telehealth](#). Physiopedia

**Why use telehealth? COVID-19 has affected face to face time between healthcare professionals, including physiotherapists, and patients. Telehealth means you can access physiotherapy services from your own home.**

[New to physiotherapy and telehealth?](#) Irish Society of Chartered Physiotherapy

**As movement experts, physiotherapists can play an important role in the COVID-19 pandemic and help people who are at risk of functional decline during periods of social distancing and quarantine.**

Middleton, A, Simpson, KN, Bettger, JP & Bowden, MG. [COVID-19 Pandemic and Beyond: Considerations and Costs of Telehealth Exercise Programs for Older Adults With Functional Impairments Living at Home—Lessons Learned from a Pilot Case Study](#) *Physical Therapy*, pzaa089, 5 May 2020.

#### **Infographic 4: Accessing rehabilitation with telehealth**

**Physiotherapists are using telehealth to support patients and treat a wide range of conditions during the COVID-19 pandemic,**

[Telehealth](#). Chartered Society of Physiotherapy

**What to consider before your telehealth appointment.**

[COVID-19: video consultations and homeworking](#). British Medical Association (BMA)

[New to physiotherapy and telehealth?](#) Irish Society of Chartered Physiotherapy

**Telehealth can be as effective as conventional methods of healthcare delivery to improve physical function and pain for a range of musculoskeletal conditions.**

Cottrell MA, Galea OA, O'Leary SP, Hill AJ, Russell TG. [Real-time telerehabilitation for the treatment of musculoskeletal conditions is effective and comparable to standard practice: a systematic review and meta-analysis](#). *Clinical Rehabilitation* 2017 May;31(5):625-638

## Posters

**Exercise is an important part of your recovery from COVID-19. A physiotherapist will be able to guide you in how exercise can help**

[Support for rehabilitation self-management after COVID-19-related illness \(2020\)](#). World Health Organization

**A physiotherapist will be able to guide you through your road to recovery from COVID-19. They will work as part of a multiprofessional team to support your needs**

[Rehabilitation of adults who are hospitalised due to Covid-19: physiotherapy service delivery](#). Chartered Society for Physiotherapy

[Rehabilitation considerations during the COVID-19 outbreak](#). Pan American Health Organization; World Health Organization

[Support for rehabilitation self-management after COVID-19-related illness \(2020\)](#). World Health Organization

**Physiotherapists are crucial in early and ongoing rehabilitation for people recovering from severe COVID-19**

[Rehabilitation of adults who are hospitalised due to Covid-19: physiotherapy service delivery](#). Chartered Society for Physiotherapy

[Rehabilitation considerations during the COVID-19 outbreak](#). Pan American Health Organization; World Health Organization

[Support for rehabilitation self-management after COVID-19-related illness \(2020\)](#). World Health Organization

**Physiotherapy is key to your recovery from COVID-19**

[KNGF position statement: Physiotherapy recommendations in patients with COVID-19](#). Royal Dutch Society for Physiotherapy (KNGF)