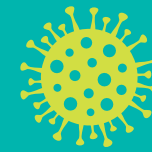


Long COVID and rehabilitation



World
PT Day
2021



A physiotherapist can help you manage your activity levels for Long COVID with pacing and heart rate monitoring



Activity management or pacing is likely to be a safe and effective intervention for managing fatigue and post-exertional symptom exacerbation (PESE). Heart rate monitoring is likely to be a safe and effective intervention for managing fatigue and PESE.

Graded exercise therapy should not be used, particularly when post-exertional symptom exacerbation is present.



**World
Physiotherapy**

www.world.physio/wptday