

## Long COVID and rehabilitation









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.

