



Long COVID and rehabilitation



World
PT Day
2021



**Living with Long COVID?
Find out how your
physiotherapist can help**

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Exercise prescription in Long COVID should be approached with care to minimise risk and to ensure exercise programmes are restorative and do not make the individual's symptoms worse. Rehabilitation should aim to prevent oxygen desaturation on exertion. A specialist respiratory physiotherapist may help where there are signs of hyperventilation and breathing pattern disorders. **Graded exercise therapy should not be used, particularly when post-exertional symptom exacerbation is present.**



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