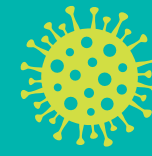


# Long COVID and rehabilitation



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

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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