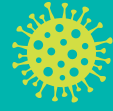


Ndozighari na Long COVID



World
PT Day
2021

Gini bu ndozighari?

Ndozighari bu uzo esi enyere mmadu aka iji nwee ike ime ihe ndi okwesiri ime n'ubochi, nyekwara ya aka iji nwetakwa onwe ya ozo ka o were nwee ike ibu ihe nile o nwere ike ibu, nwekwaa ike isonye na igu akwukwo, iru oru, egwumegwu, nakwa ibi ndu zuru oke.



Ndozighari zuru oke di mkpa maka mnwechighata onwe.

O bu iwu na ndozighari ga-abu nke emebeere mmadu n'onwe ya dika njirimara oria ya, ihe o na-elegara anya nakwa ihe O choro si di.



Otu mba uwa n'ahu maka ahuike bu World Health Organization nyere ntuzi aka na ndozighari maka Long COVID ga agunye ikuziri ndi mmadu ka ha jiri nwayoo loghachi n'ihe ha n'arubu na mbu, n'emeghi ka ike gwubiga ha oke ma obu ka oria ha kawanye njo.

Ndozighari maka ndi nweburu COVID-19 ga adi iche iche n'isi onye obula. Otutu uzo a ga-esi kowaa ihe I na-agabiga gunyere:

- onodu nke onye nobugoro n'ebe opuru iche a na- elebara ahu ike anya
- oke ike ogwugwu n'eso oria sitere na nje virus
- mmebi kpmkpam nke akuku ime ahu mmadu
- oya COVID notegoro aka

N'agbanyeghi njirimara nke I na-enwe, onye oru ahu ike gi bu fisioterapist ga agba mbo choputa onodu nke gi onwe gi tupu obido inye gi ogwugwu.

Ezi ndozighari a ga-enye gi nwere ike igunye:

- iji nwayo nwayo emeghari
- nnyocha ka obi gi si aku

iji nye gi ihe ichoro, onye oru ahu ike bu fisioterapist ga esonyere ndi oru ahuike ndi ozo ilele gi ahu nakwa ikwadoro gi ndozighari ahu nke gi. Ha nwere ike ime otutu ihe nnyocha iji choputa ihe kpatara ihe ndi di ka:



ume ichu oso



ume ibo mmadu



obi mgbu



aju



obi iku kpumpkum



ikuku oksijin ezughi oke n'ime obara



oke ike ogwugwu



Ahu mmeghari obula a ga-ahaziri onye obula nwere Long COVID bu nke a ga-akpachapu anya mee ka oghara imebi ihe ma hukwa na ya bu atumatu ahu mmeghari bu nke ga-edozi ahu ghara ime ka oria ahu kawanye njo. Ndozighari kwesiri ibu nke ga-eme ka ikuku oksijin ghara igbada n'ime obara. O di na mkpa, onye fisioterapist okacha mara n'oria okuku ume nwere ike inyere aka, okachasi mgbe okuku ume adighi ka okwesiri. **Okwesighi ka etinye ahu mmeghari ji nwayo nwayo agbago, okachasi mgbe oria onye ahu na akawanye njo mgbe omeghariri ahu nke ukwu.**



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www.world.physio/wptday