

Role of Physiotherapy in Long COVID Rehabilitation: A Review

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ABSTRACT

The COVID-19 pandemic has affected everyone on a large scale, even after recovering from the acute phase of infection number of individuals have experienced symptoms such as fatigue, breathlessness, muscle weakness and reduced exercise tolerance. Commonly referred to as long COVID or post covid syndrome. These symptoms affect physical health as well as Psychological, Social well-being and also it affects day to day living of the individual which highlights the need for a comprehensive rehabilitation strategy. This review aimed to highlight the role of physiotherapy in managing long COVID symptoms and improving quality of life.

The review was conducted by using the search engines PubMed, Google Scholar, CINHALL and Cochrane. Research articles published from 2020 to date in the English language were considered. Presentations, non-peer-reviewed literature and dissertations were been excluded.

Based on the evidence, physiotherapy rehabilitation was assumed to reduce symptoms like dyspnoea, improve lung function, improve mobility, increase exercise capacity and promote functional independence in long COVID patients. Also, individualised programmes enhance endurance and muscle strength. Education on pacing and energy conservation minimise post exertional fatigue. Functional outcome measured through 6- min Walk test, Borg dyspnoea scale and fatigue severity scale shows positive results followed by physiotherapy interventions.

Physiotherapy plays a critical role in multidisciplinary Management of Long Covid Rehabilitation programmes. It improves lung function, strength, endurance and overall quality of life. Different rehabilitation programmes, which are designed according to patients' needs, improve the condition of the patient, help in recovery and improve the quality of life.

Keywords: Long COVID, Physiotherapy, Recovery, Rehabilitation

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