

COVID-19

Rehabilitation Guide



Name:

.....

What is Covid-19?

Covid-19 is an infectious virus that mainly affects the lungs. Breathlessness at rest and during activities is a normal symptom of Covid-19. All staff treating you will be wearing protective equipment and during some treatments you may be asked to wear a mask to minimise the risk of spreading the virus. To further minimise the risk, we may also speak with you over the phone in your room.

Why is rehabilitation important?

Rehabilitation will improve your exercise tolerance, muscle strength, help manage your breathlessness, and potentially allow you to be discharged earlier. Our treatments will focus on breathing, functional and physical exercises. **Only complete exercises at home and in hospital that have been discussed with you and ticked in this guide by the therapist.**

What can I do?

- Get up at a normal hour
- Complete morning tasks e.g. wash, brush teeth, get dressed
- Sit out in the chair for meals
- Fill out your exercise diary
- Open the blinds and windows during the day

Why do I need supplemental oxygen?

You may have been prescribed medical oxygen (through a mask or nasal prongs) to help improve oxygen levels in the body. This will regularly be assessed and may be prescribed when you go home.

IF YOU FEEL UNWELL DURING THESE EXERCISES THEN STOP AND INFORM THE WARD STAFF (IF YOU ARE IN HOSPITAL) OR GP/TEAM THAT IS REVIEWING YOU (IF YOU ARE AT HOME)

Why do I feel breathless?

Breathlessness is a very common symptom in some people with Covid-19. The lungs can become inflamed and the effort of breathing can increase. You may be breathing quicker and shallower, however it is important to try and stay calm. Anxiety can increase your heart rate and make your breathing rate increase further. Below are exercises to help manage your breathlessness.

Breathing control – something to help you relax

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1. Get in a comfortable position
2. Close your eyes and bring your attention to your breath
3. Breathe in and out through your nose (or mouth if you are unable to do this)
4. Notice areas of tension in the body and try to release this with each breath out
5. Gradually try to make your breaths slower and deeper

Pursed lip breathing – useful during activities that make you breathless

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1. Breathe in gently through your nose
2. Breathe out with your lips pursed as if you are whistling
3. Try to blow out as long as comfortable (do not force your lungs to empty)

Blow as you go – useful during activities that make you breathless e.g. lifting an object (can be used with pursed lip breathing)

☐

1. Breathe in before you make the effort
2. Breathe out whilst making the effort (e.g. as you lift the object)
3. Always breathe out on the hardest part of the action

Positions of ease – these positions may help reduce your breathlessness and effort of breathing

High side lying:



- Lie on your side
- Use multiple pillows under your head and shoulders
- Bend your knees a little



Supported forward sitting:



- Sitting upright, lean forward on to a table
- Add as many pillows as required



Forward sitting:



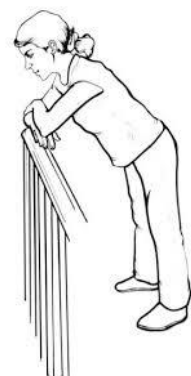
- Sit leaning forward
- Rest your forearms on your knees
- Relax your chest and shoulders



Supported standing:



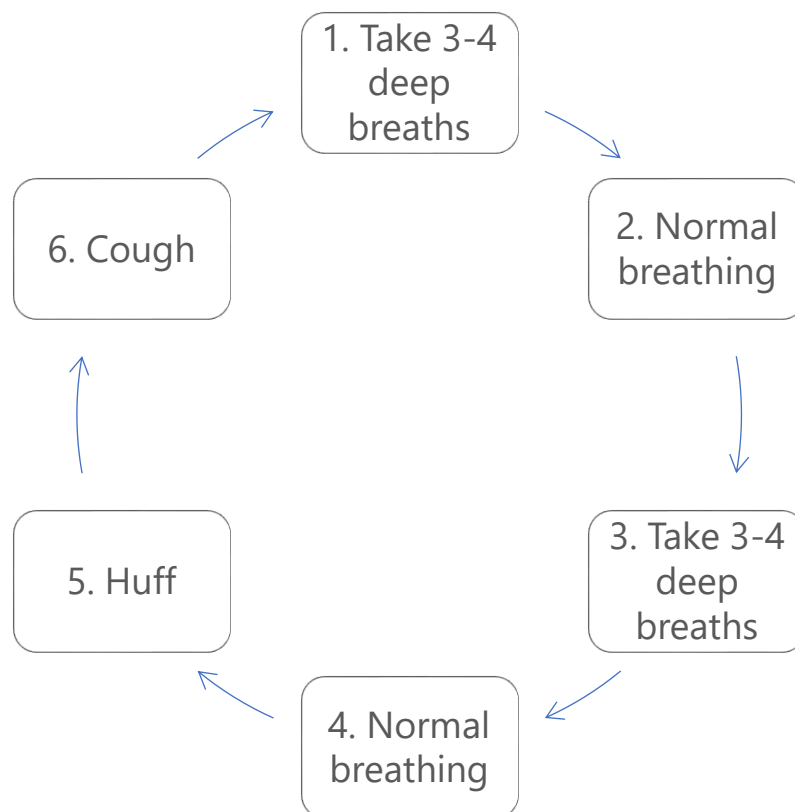
- Stand leaning forward and use a chair, bench or wall for support
- Relax your chest and shoulders



Why am I coughing up sputum?

Coughing up sputum can be a normal symptom of Covid-19. It is important to clear this from your airways to improve your breathlessness and oxygen levels.

Active Cycle Breathing Technique:

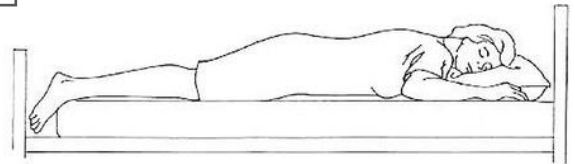


- Relax your shoulders
- Deep breathing – hold your breath for 2-3 seconds
- Huff – Exhale through an open mouth like you are trying to steam up a mirror
- Repeat the cycle 2-3 times

Postural Changes – frequently changing position can help to move sputum and the upright position can promote deep breathing

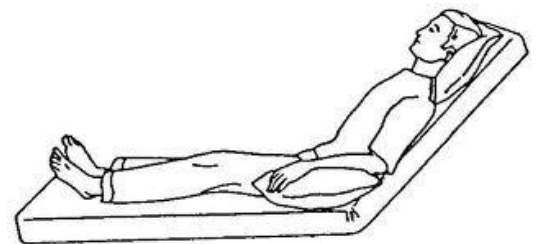
Lying on your stomach:

- Lie on your abdomen
- Turn your head to one side
- Use a pillow for your head



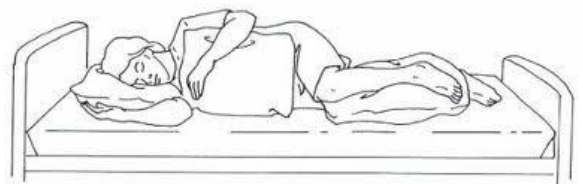
Sitting upright in bed:

- Raise the bed between 45 and 60 degrees
- Use a pillow to support your neck



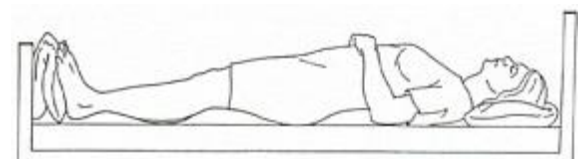
Side lying:

- Lie on your side
- Use a pillow to support your neck
- Bend your knees a little



Back lying:

- Lie on your back
- Use a pillow to support your neck

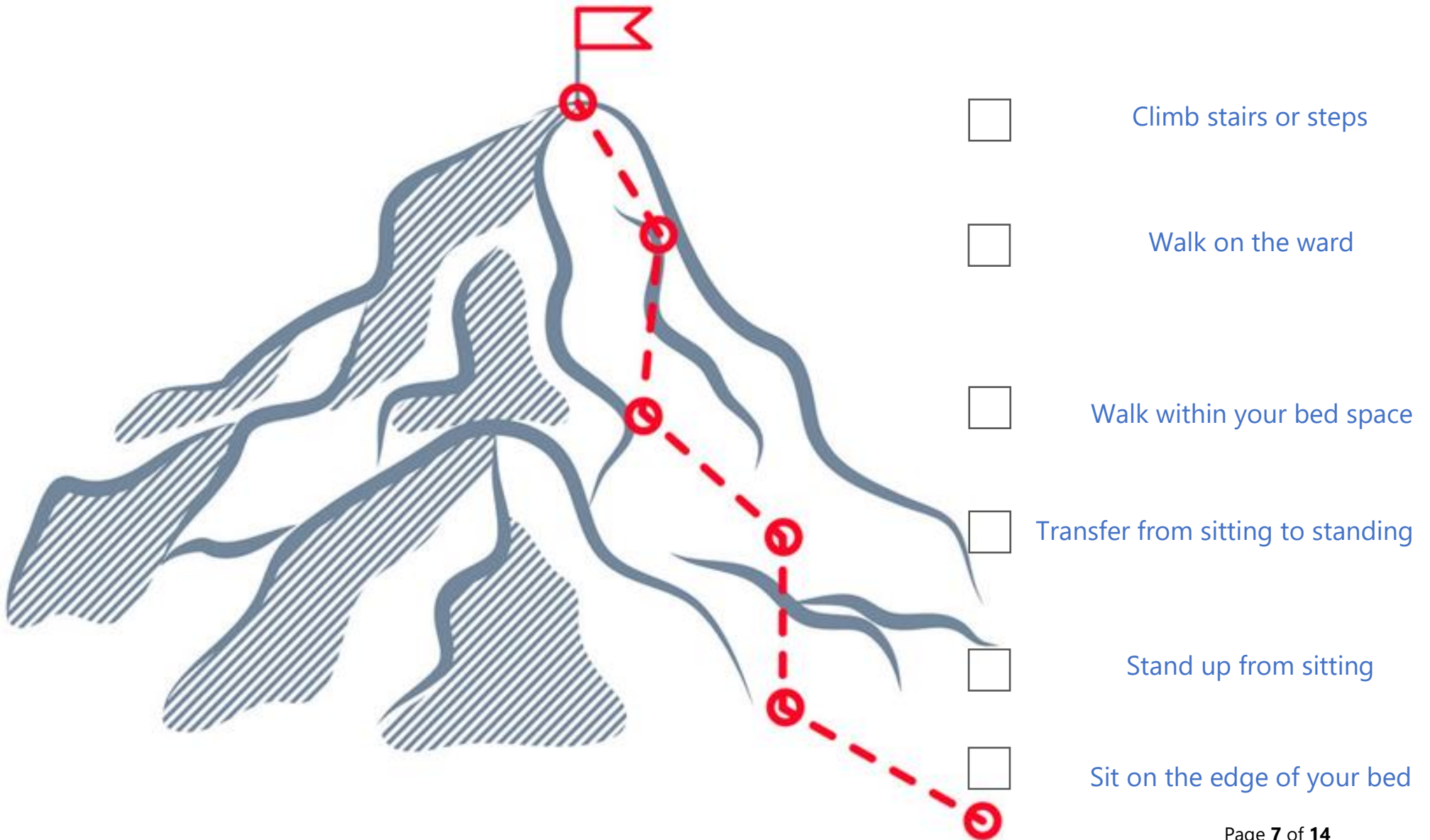


Left side lying:





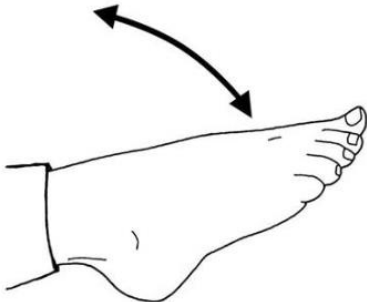
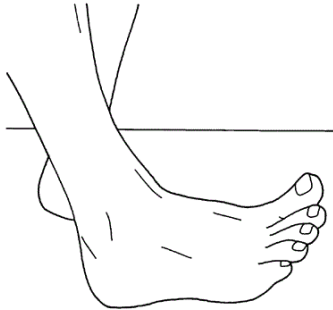
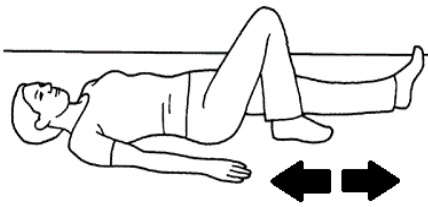
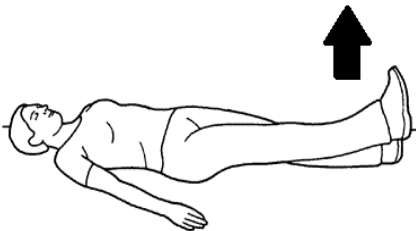
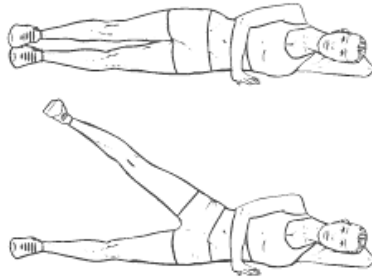
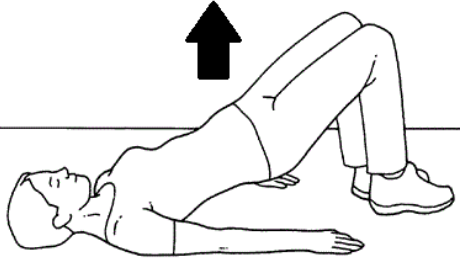
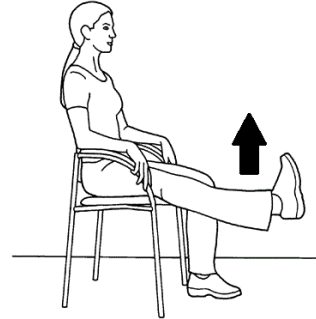

- Lie on your abdomen
- Turn your head to the left
- Bend the left leg and arm up
- Keep your right arm behind you
- Use a pillow to support your head



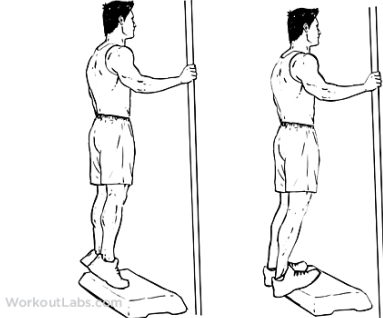
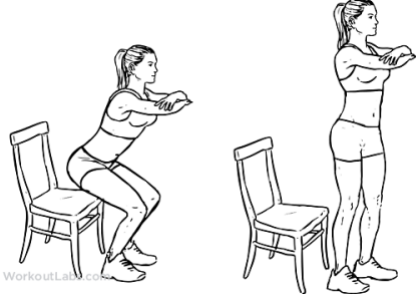
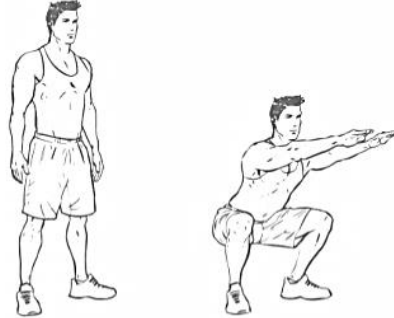
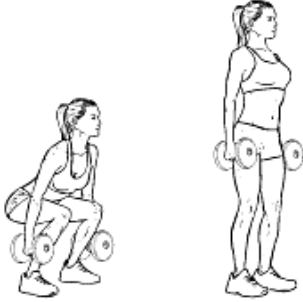


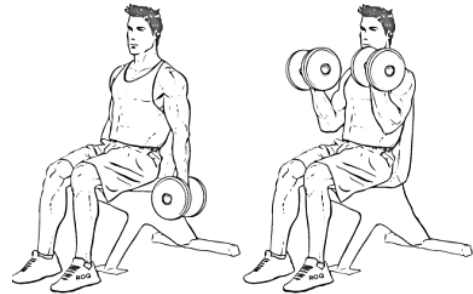
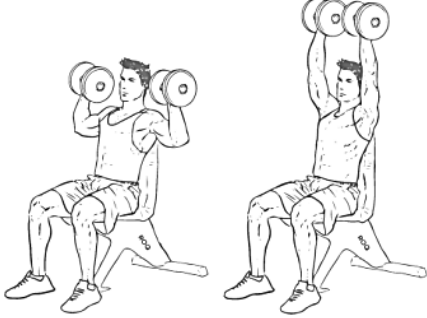
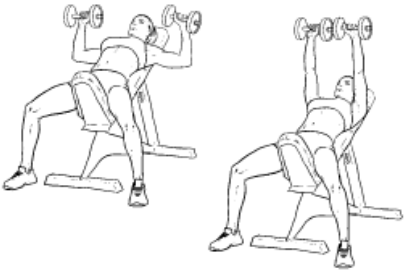
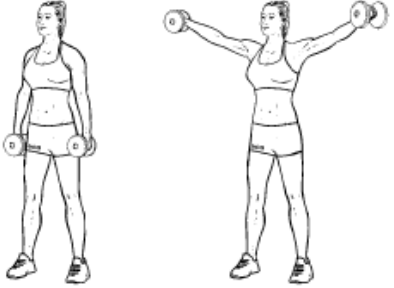

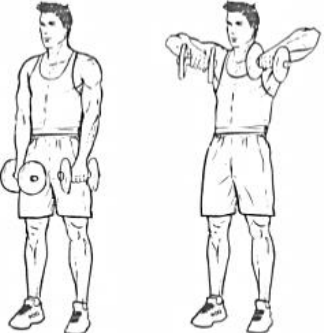
Mobility – moving will promote deep breathing, help to clear sputum, and get your muscles working



Exercises: regular exercise will improve your exercise tolerance, muscle strength, mental health, and prevent deconditioning

Walk <input type="checkbox"/>	Cycle <input type="checkbox"/>	Step <input type="checkbox"/>	Seated walk <input type="checkbox"/>
			
Ankle raises <input type="checkbox"/>	Ankle rotations <input type="checkbox"/>	Knee bends <input type="checkbox"/>	Lying leg raises <input type="checkbox"/>
			
Lying side leg raises <input type="checkbox"/>	Bridge <input type="checkbox"/>	Seated leg raise <input type="checkbox"/>	Single leg balance <input type="checkbox"/>
			

Exercises:

<p>Calf raises <input type="checkbox"/></p> 	<p>Sit to stand <input type="checkbox"/></p> 	<p>Squat <input type="checkbox"/></p> 	<p>Dumbbell squat <input type="checkbox"/></p> 
<p>Shoulder rolls <input type="checkbox"/></p> 	<p>Arm raises <input type="checkbox"/></p> 	<p>Bicep curl <input type="checkbox"/></p> 	<p>Shoulder press <input type="checkbox"/></p> 
<p>Chest press (use bed) <input type="checkbox"/></p> 	<p>Lateral raise <input type="checkbox"/></p> 	<p>Tricep extension <input type="checkbox"/></p> 	<p>Upright row <input type="checkbox"/></p> 

Exercise Diary: complete your exercises and score your Rating of Perceived Exertion (RPE - use page 11). To progress your workload (WL), increase the minutes, sets, or repetitions. These exercises should feel light to between somewhat hard and hard (RPE 11-14), and your breathing should allow you to maintain uninterrupted conversation throughout.

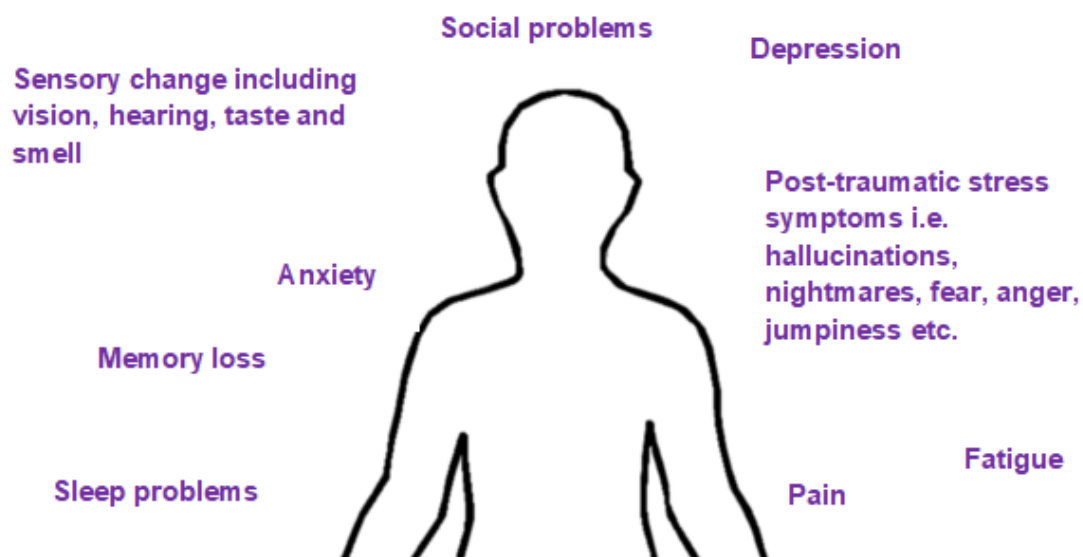
Session / Day	1.		2.		3.		4.		5.		6.		7.	
Exercises	WL	RPE	WL	RPE	WL	RPE	WL	RPE	WL	RPE	WL	RPE	WL	RPE

Rating of Perceived Exertion (RPE)

6	No exertion at all
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Psychological health

Going through intensive care can be a physically and psychologically difficult. Below identifies some difficulties that people may face after leaving intensive care:



You may have little or no memory of the events leading up to your admission or your time on intensive care which can leave you feeling confused. Waking up after being sedated, surrounded by staff in protective equipment may leave you feeling anxious and frightened. You may have to learn to do things that you once could do very easily e.g. walking.

Understanding anxiety

Thinking about events from intensive care or worrying about the future, can release adrenaline in the body which activates the bodies 'fight or flight' response. When adrenaline is not being used to 'fight or flight', you may experience unpleasant mental and physical sensations (which cannot physically harm you) such as:

- Racing thoughts – unable to relax and sleeping difficulties
- Increased breathing rate – this can make you feel dizzy or faint
- Increased heart rate – a pounding or racing in your chest
- Sinking feeling in the stomach – blood is being diverted from your digestive system to your muscles
- Feeling hot with clammy hands – blood moving to your muscles

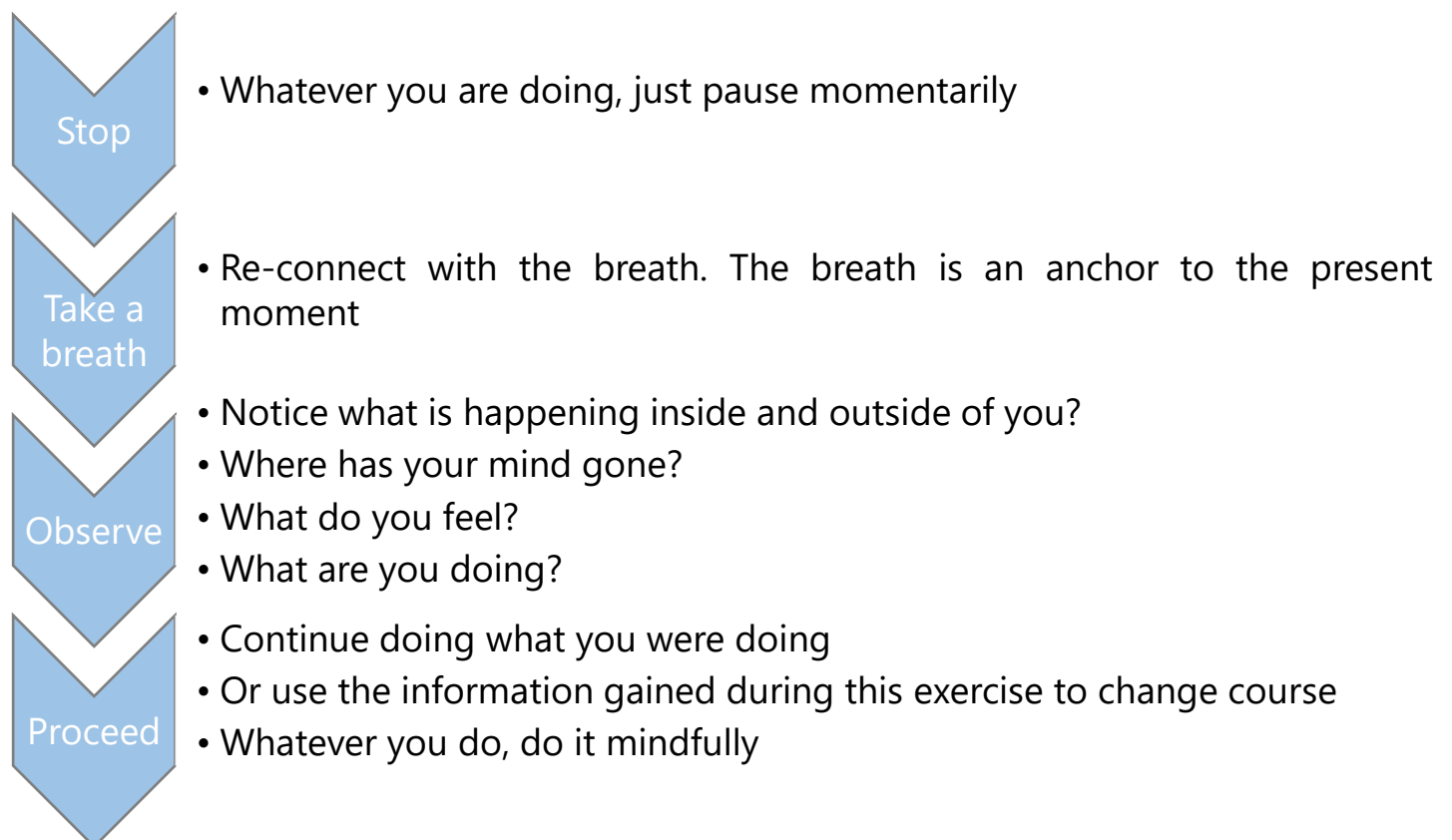
Understanding post-traumatic stress

After a traumatic experience such as being on intensive care, it can take time for our brain to process this experience. It is normal to have vivid and frightening hallucinations and nightmares which should subside over days or weeks. If you are struggling to manage or if you find that they continue for a prolonged period, speak with your GP for guidance.

What can I do?

- Talk about how you feel – this helps us to understand better how we feel
- Progression diary – log your daily achievements, no matter how small
- Set manageable small goals – remember you are still recovering, take it easy
- Relaxation exercises – use STOP (below) and read the useful resources links

STOP – something to help you relax



What will happen when I go home?

You should receive a follow up call from the Therapies Department at the Liverpool Heart and Chest Hospital (0151-600-1956) or from your local community therapy team. Please contact the Therapies Department if you do not receive this call.

Useful resources

- **NHS Lancashire Teaching Hospital** – Covid-19 specific guidance
<https://bit.ly/358zBqT>

Exercise

- **Healthiness:** Facebook and Youtube videos – <https://bit.ly/3aiuXaJ>
- **Royal Osteoporosis Society:** Videos for people with osteopenia, osteoporosis, or previous spinal fractures – <https://bit.ly/2XWgajL>
- **Tune in to 10Today:** 10 minute workouts – <https://bit.ly/2XQCxqw>
- **Chartered Society of Physiotherapy:** Being active with a long term condition – <https://bit.ly/2Vllg5Z>
- **NHS:** Physical activity guidelines – <https://bit.ly/2VnShzl>
- **AgeUK:** Looking after yourself physically and mentally – <https://bit.ly/3eF4qrQ>
- **AgeUK:** Keep active and reduce your risk of falling – <https://bit.ly/3aoTMSD>

Nutrition

- **British Dietetic Association:** General advice – <https://bit.ly/2VHi9FR>
- **Friends of the Elderly Group:** Nutrition and hydration in older age – <https://bit.ly/3cwu1B9>

Mind

- **PsychologyTools:** Living with worry and anxiety amidst global uncertainty – <https://bit.ly/3bqpiAT>
- **FreeMindfulness:** Mindfulness exercises – <https://bit.ly/3amvl8l>
- **Mind:** Psychological wellbeing during coronavirus – <https://bit.ly/2KIGRX4>
- **Headspace:** 10 days free meditation – <https://bit.ly/34QBpoh>