

Physiotherapy, an Aid for Covid Sufferers, and the Exercises Proposed Post-Recovery

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Introduction

We have now reached the point where everyone is COVID 19 literate. This bizarre pandemic has wreaked havoc on people's lives. Because of the flood of information from numerous sources, everyone is well aware of the devastating effects that the fatal virus can have. As a result, I shall refrain from writing about it. I'd rather concentrate on recovering from the condition and regaining health and function. Physiotherapy can help in this situation. I work as a physiotherapist in a teaching institute, and my colleagues and I have used tele-rehabilitation to treat a number of different patients in ICUs, wards, and the emergency department.

Physiotherapy in the Intensive Care Unit

Let's start with the intensive care unit. Physiotherapists provide patients in the COVID ICU various breathing exercises and posture to help their lungs function better. Various strategies are utilized to help them expel phlegm if they have a cough with mucus. As patients are admitted to the hospital, their activities are limited, their muscles weaken, their heart and respiratory rates rise, and their oxygen saturation lowers, even with the simplest of tasks. Physiotherapists can assist in reversing the consequences of deconditioning.

Physiotherapy at Home While Recuperating

Post discharge at home, the COVID-19 patients complain of extreme tiredness even with mild activities like going to the washroom. We physiotherapists first evaluate them thoroughly. This involves a strength and endurance evaluation, a functional capacity evaluation via a 6-minute walk test, and a breathing capacity evaluation. Following the evaluation, each patient is provided a personalized fitness programme. Each exercise session will be at least one hour long. We make them do various breathing exercises, incentive spirometry, cardiovascular exercises, and relaxation during this one-hour period. The pace of the workouts is set according to the patient's tolerance. Patients can learn and practice breathing activities such as relaxed diaphragmatic breathing, segmental breathing, and thoracic expansion exercises on their own.

For Patients with Cough Problem

If they have a cough and are unable to eliminate secretions

because they are lodged deep in the lungs, they are taught procedures such as the active cycle of breathing technique or autogenic drainage. This allows them to discharge the secretions more quickly and with less discomfort. Following that, kids are given different free upper and lower limb motions to assist them increase stamina.

For Covid Sufferers on Oxygen Support at Home

Exercises with oxygen assistance are given to patients who are on oxygen support at home. Once the patients' strength has reached an optimal level, these workouts are performed with TheraBands, dumbbells, and weight cuffs, depending on the patient's capabilities. After that, they are given aerobic workouts that begin with a warm-up and end with a cool-down. On a treadmill, cross trainer, or bike, aerobic activities will be performed. Certain balancing exercises are included to their exercise routine if patients are complaining of balance concerns, which are typical after covid.

Outcomes of Physiotherapy

Exercise effects can be noticed in as little as seven days. Patients begin to feel better, and their confidence, well-being, and social connections increase.

Recommended Duration

A physiotherapy rehab programme lasting at least 6 weeks is recommended for maximum benefits. They will be able to do these workouts at home after that. Regular deep diaphragmatic breathing, which improves oxygenation while also relaxing the mind, as well as long daily walks of at least 30 minutes, should be the new normal for all of these individuals. This will allow them to emerge stronger and claim victory in the COVID 19 battle.

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Received June 30, 2021; Accepted July 16, 2021; Published July 23, 2021

Citation: Kaushik M (2021) Physiotherapy, an Aid for Covid Sufferers, and the Exercises Proposed Post-Recovery. J Nov Physiother 11: 474.

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