Embracing the idea that “less can be more” in post-COVID rehabilitation

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Conflicts of Interest

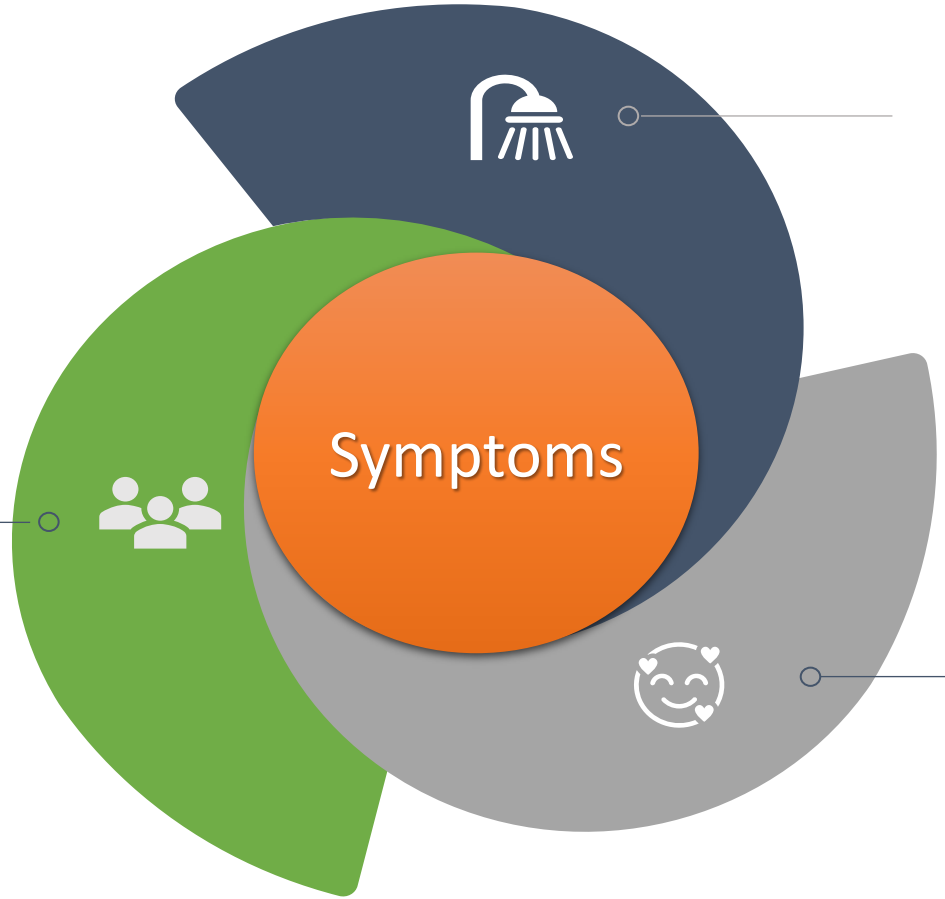
None

Objective

To provide a brief overview of some key factors to be consider in the rehabilitation process for patients with post-COVID symptoms (PCS).

“I want another body”

Post-COVID symptoms (PCS)



Activities of Daily Living

Participation

Health-Related Quality of Life

Peer-reviewed publications

umanitoba.ca/rehabsciences

Respirability Lab

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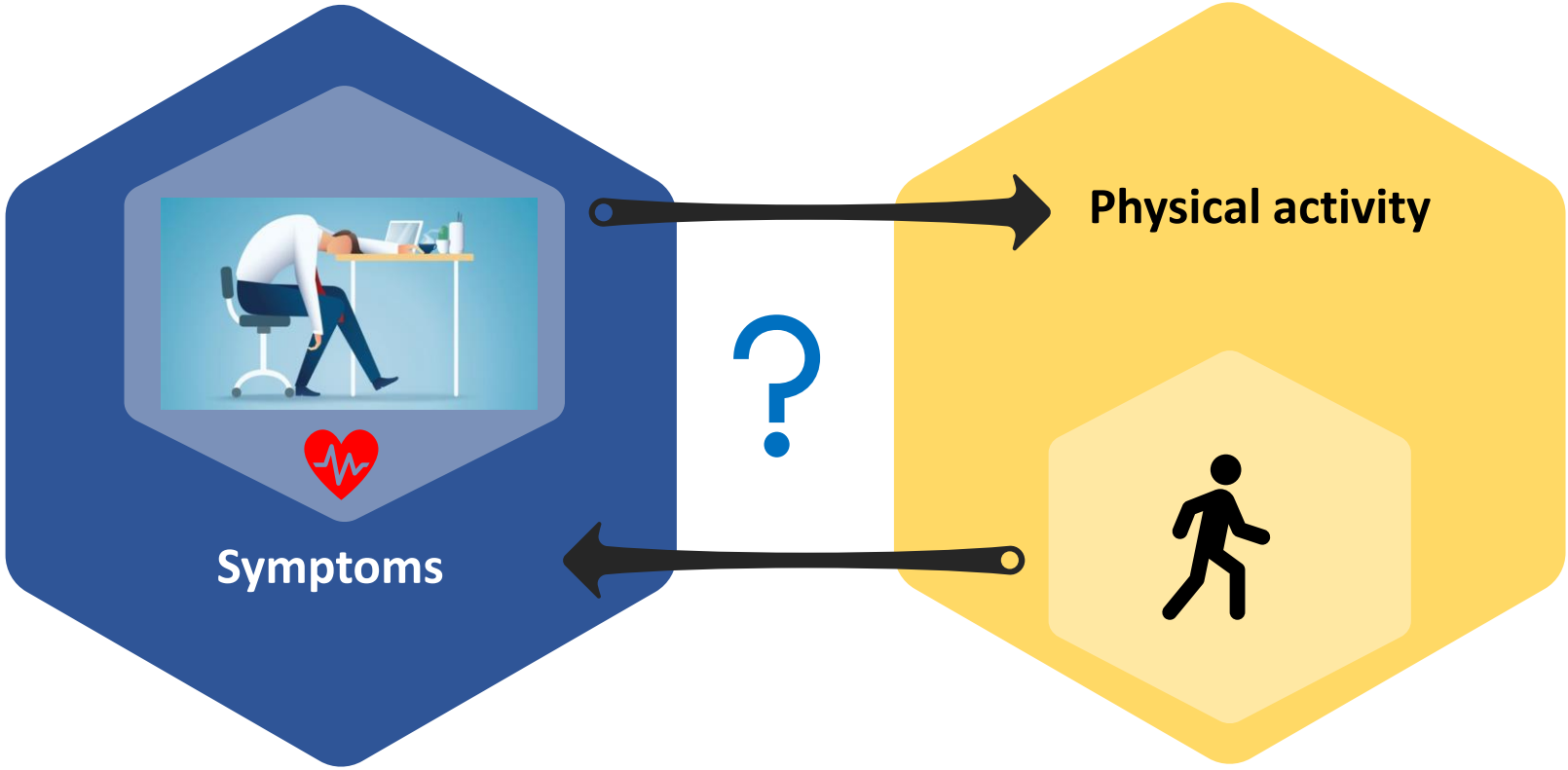
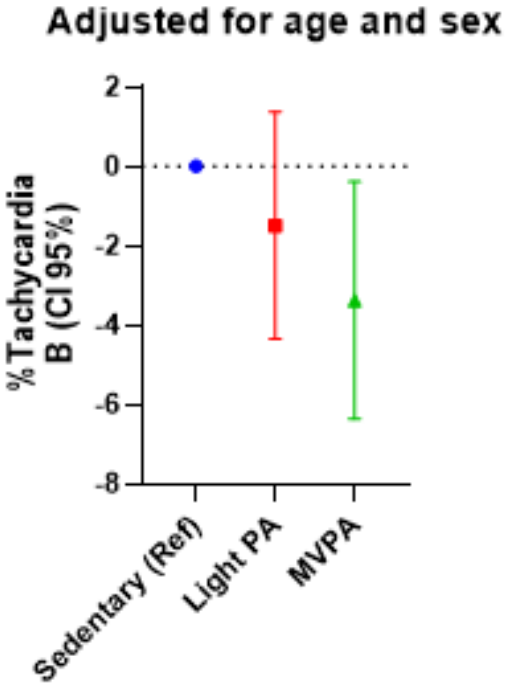
Symptoms and Physical activity



Tachycardia and Physical activity

Descriptives (n = 16)	Mean (SD)	
Gender (male/female)	3 / 13	
Age (years)	51 (11)	
Accelerometer wearing time[#] (hours)	12.6 (1.8)	
Smart watch wearing time[#] (hours)	11 (3)	
Mean heart rate (bpm)	86 (7)	
	Activity minutes	**%Tachycardia**
Sedentary	532 (124)	6.1 (7.5)
Light intensity physical activity	183 (125)	4.7 (3.6)
Moderate to vigorous physical activity (MVPA)	69 (47)	2.9 (3.0)

[#]Mean of 4 days. Accelerometer lifestyle cut points: sedentary – 0 to 100 cpm; light intensity – 101 to 760 cpm; and MVPA - > 760 cpm. MVPA = moderate to vigorous physical activity, CPM = counts per minute.



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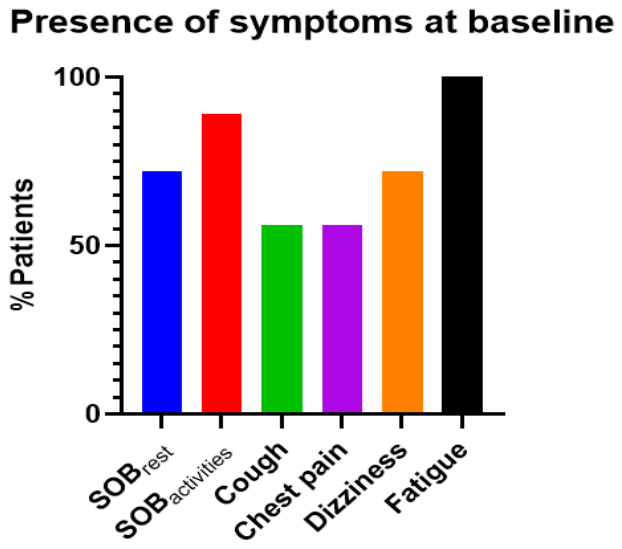
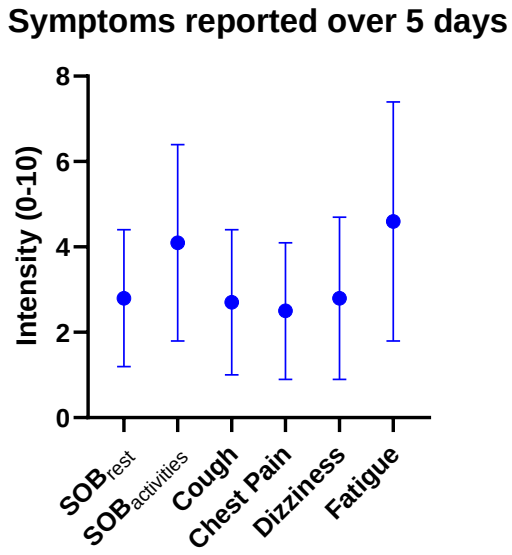
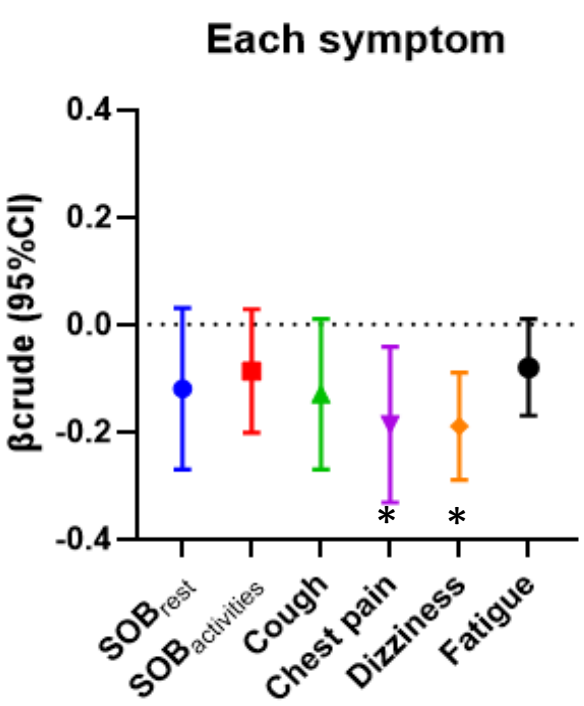
Symptoms & Physical activity

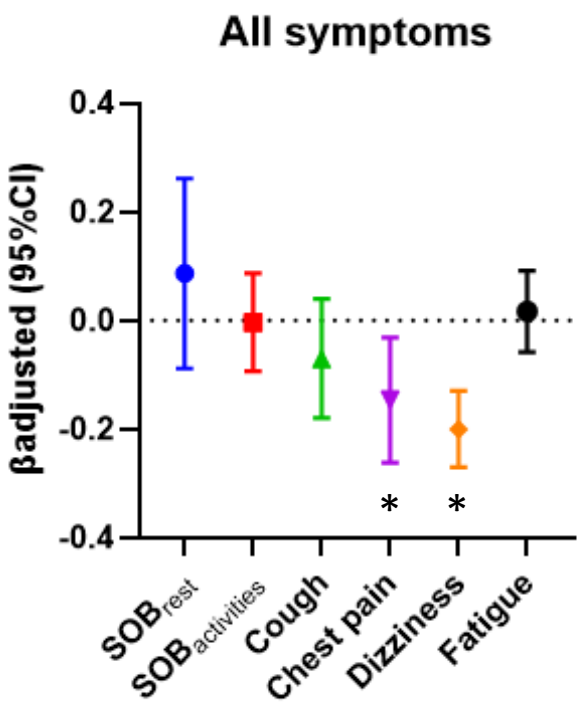
Descriptives (n=18)	Mean (SD)
Gender (male/female)	3 / 15
Age (years)	51 (11)
Smart watch wearing time# (hours)	13.6 (2.4)
Average heart rate (bpm)	83 (8)
Tachycardia time (percentage)	14 (13)
Number of steps#	3840 (2291)
#Mean of 5 days	

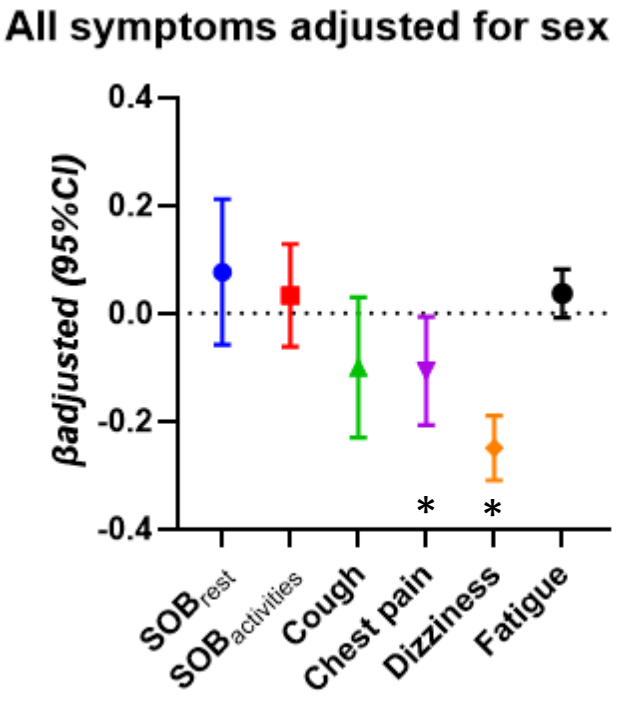




Numbers of steps & symptoms reported





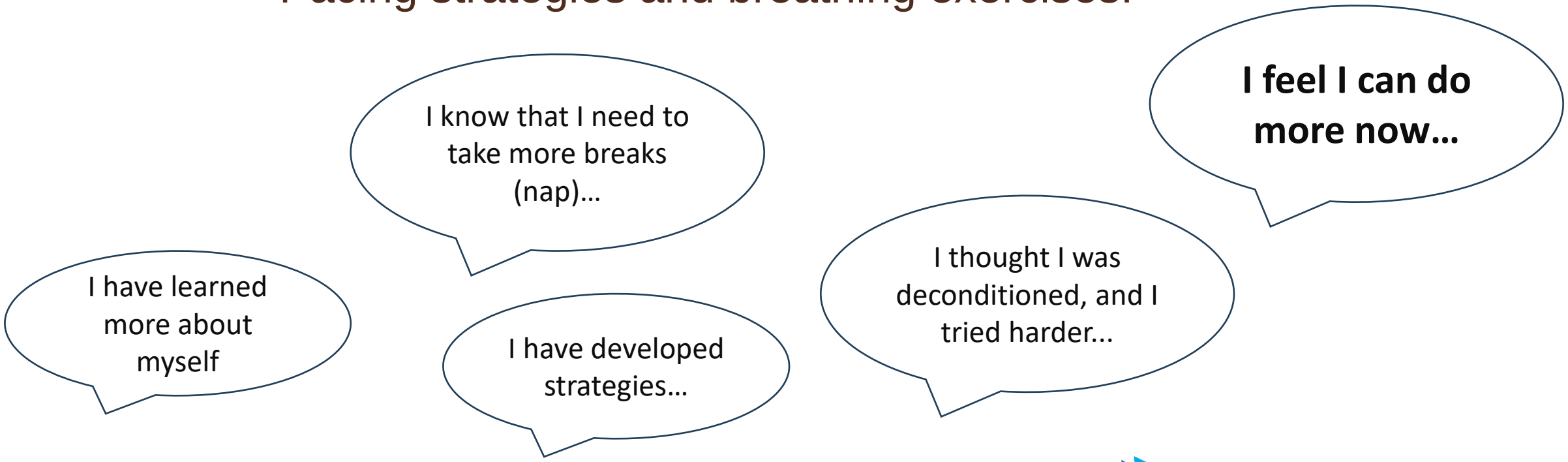


Rehabilitation presents considerable challenges!

- Symptoms
- Caution
- Unknown

Self-management of post-COVID symptoms using wearable technology

Pacing strategies and breathing exercises!



Conclusion

- Proper management of **chest pain** and **dizziness** may help increase **PA** in patients with PCS.
- HR is not recommended to guide PA. The MBS may be a better option.
- Self-regulation, pacing techniques, and breathing exercises appear to have positive effects.

Implications

- The results help **understand** the association between physical activity and symptoms in patients with PCS, which is potentially valuable for **informing** educational and rehabilitation programs.
- Further studies are needed to identify safe and effective rehabilitation approaches for patients affected by this condition.

Thank you!

All the participants who took part in our studies

Dr. Antonio Sarmento
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Brenda Tittlemier
Shelly Sargent

Manitoba Lung Association
BREATHE

Thank you!

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