



Rehabilitation after COVID-19



A physiotherapist will be able to guide you through your road to recovery from COVID-19. They will work as part of a multiprofessional team to support your needs

#worldptday

Post-viral fatigue syndrome

Up to 10% of people recovering from COVID-19 may develop post viral fatigue syndrome (PVFS). If you feel you are not improving, or if activity is making you feel much worse, speak to your physiotherapist or healthcare practitioner and ask them to assess you for PVFS. The rehabilitation of people with PVFS requires different management strategies.



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