



# Rehabilitation after COVID-19



World  
PT Day  
2020



**Physiotherapists are crucial in  
early and ongoing rehabilitation  
for people recovering from  
severe COVID-19**



**#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.



**World  
Physiotherapy**

[www.world.physio/wptday](http://www.world.physio/wptday)