



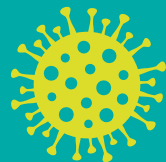
World PT Day 2021

Rehabilitation and Long COVID

How to take part

#worldptday
www.world.physio/wptday





This year's campaign: Rehabilitation and Long COVID

The focus for this year's World PT Day is rehabilitation and Long COVID and the role of physiotherapists in the treatment and management of people affected by Long COVID.

The campaign is focused around the following key messages.

- 1 in 10 of all Long COVID cases will exhibit symptoms for a period of 12 weeks or longer.
- Safe and effective rehabilitation is a fundamental part of recovery. Rehabilitation for Long COVID must be tailored to the individual, depending on their symptoms, goals and preferences.
- The World Health Organization recommends that Long COVID rehabilitation should include educating people about resuming everyday activities conservatively, at an appropriate pace that is safe and manageable for energy levels within the limits of current symptoms, and exertion should not be pushed to the point of fatigue or worsening of symptoms.
- Effective rehabilitation interventions to support self-management of symptoms may include activity pacing and heart rate monitoring. A

physiotherapist can help you manage your activity levels for Long COVID with pacing and heart rate monitoring.

- Post-exertional symptom exacerbation (PESE) is most often triggered by physical activity and exercise. A physiotherapist can help you manage your activities to minimise PESE.
- A physiotherapist can help you with breathing exercises.
- Graded exercise therapy should not be used, particularly when post-exertional symptom exacerbation is present.

World Physiotherapy encourages member organisations and physiotherapists around the world to use World Physiotherapy's toolkit to convey these messages to the public and policy makers.

About World PT Day

World PT Day is held every year on 8 September, the day the World Physiotherapy was founded in 1951. World PT Day is a day when physiotherapists can promote the profession to:

- showcase the significant role the profession makes to the health and wellbeing of the global population
- raise the profile of the profession
- campaign on behalf of the profession and its patients to governments and policy makers

The day marks the unity and solidarity of the physiotherapy community around the world. It is an opportunity to recognise the work that physiotherapists do for their patients and community.

World Physiotherapy aims to support its member organisations and individual physiotherapists in their efforts to promote the profession and advance global health, using World PT Day as the focus.

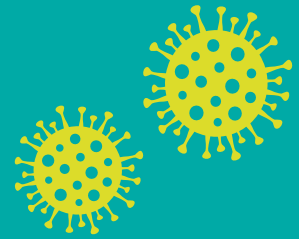
shortness of breath/
chest pain

extreme fatigue/
post-exertional
symptom exacerbation

problems with memory
and concentration

**Long COVID is different
for everyone.
A physiotherapist can
help you manage your
Long COVID symptoms**

Get involved



World Physiotherapy has produced a toolkit of materials for member organisations to support physiotherapists in their World PT Day activities. It includes:

- posters: to display in public places
- information sheets: to display and distribute to patients and the public
- translations: copies of the information sheets and posters will be available in several languages
- social media graphics: a selection of graphics will be produced for you to use on social media platforms to promote the day and this year's message
- information sources and additional reading: references for information within the materials and additional resources and web links about this year's campaign
- advocacy toolkit includes resources available on the World Physiotherapy website which may be useful for this year's World PT Day campaign
- roller banner artwork: to download and be supplied to local manufacturers
- a t-shirt design and logo: to download and get printed locally

Download the above resources for free at:
www.world.physio/wptday

#worldptday

Rehabilitation and Long COVID World PT Day 2021

What is rehabilitation?
Rehabilitation is defined as a set of interventions to optimise functioning in everyday activities, support individuals to recover or adjust, achieve their full potential, and enable participation in education, work, recreation and meaningful life roles.

Safe and effective rehabilitation is a fundamental part of recovery.
Rehabilitation for Long COVID must be tailored to the individual, depending on their symptoms, goals and preferences.

The World Health Organization recommends that Long COVID rehabilitation should include educating people about resuming everyday activities conservatively, at an appropriate pace that is safe and manageable for energy levels within the limits of current symptoms, and exertion should not be pushed to the point of fatigue or worsening of symptoms.

Rehabilitation for individuals recovering from COVID-19 is different for everyone. Here are some terms that may best describe your experience:

- post-intensive care syndrome
- post-viral fatigue
- permanent organ damage
- long-term COVID
- relapses

Regardless of the symptoms you experience, your physiotherapist will treat you as an individual and get to know the underlying cause before starting treatment.
Effective rehabilitation interventions to support self-management of symptoms may include:

- activity pacing
- heart rate monitoring

In order to best meet your needs, a physiotherapist will work with other health professionals as part of your assessment and rehabilitation programme. Various tests may be carried out to understand and find the cause of symptoms such as:

- breathlessness
- chest pain
- heart palpitations
- fatigue
- feeling faint or fainting
- dizziness
- low oxygen saturation

Exercise prescription in Long COVID should be approached with care to minimise risk and to ensure exercise programmes are restorative and do not make the individual's symptoms worse. Rehabilitation should aim to prevent oxygen desaturation on exertion. A specialist respiratory physiotherapist may help where there are signs of hyperventilation and breathing pattern disorders. Graded exercise therapy should not be used, particularly when post-exertional symptom exacerbation is present.

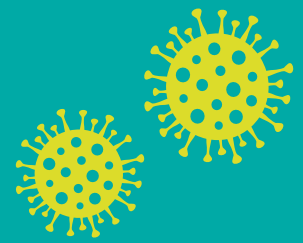
World Physiotherapy
www.world.physio/wptday

If you are an individual physiotherapist or planning an activity with your colleagues at your workplace, remember to contact the World Physiotherapy member organisation in your country/territory to link up with any activities they may be planning.

World Physiotherapy member organisations:
www.world.physio/our-members.

The materials produced promote the idea of a global physiotherapy community. The day will be widely publicised on social media, using the #worldptday hashtag.

Ideas on how to take part



Whether you work for a physiotherapy association, in a hospital department, a small clinical setting, or are studying physiotherapy, you can find different ways to mark the day.

Here are some suggestions to help you make sure you choose something that is right for you, and fits in with what you want to achieve for the day.

As part of the response to COVID-19, many countries have restrictions on holding large events and gatherings. Please consider this when making plans for World PT Day and make sure you follow any guidelines in your country/territory about social distancing.

You can use your website or social media platforms to adapt many of the ideas listed here. Try a Facebook live Q&A or share advice and tips on your website.

We will be producing a series of graphics to promote the day via social media.

Public events

- A free exercise demonstration session in a public place (or online) – showing, for example, the difference between moderate and vigorous activity.
- Talks and seminars in workplaces or online, suggesting exercises to integrate into daily life and providing literature to employers.
- Talks or events at community centres.
- A roaming information booth, visiting different locations in the day, or over a week.
- A “health challenge” for the public, politicians or celebrities – for example, challenge them to walk a certain number of steps during the day. You could lend out pedometers for the challenge, or give them away free.
- Public exercise classes, say in a large city park.

Events for people of all ages

- Arrange a talk at community events or online using social media to highlight the value of physiotherapy and how it can help people manage their Long COVID symptoms.
- Arrange some online breathing exercise classes.
- Work with care givers or people in the community caring for people affected by Long COVID to assess how physiotherapy can improve people’s lives.

In clinical settings

- Set up an information booth or exhibition in a reception area with information about what physiotherapists do.
- Share World Physiotherapy’s information sheets and posters with colleagues and visitors.

Added extras

- Find out if there is a local celebrity who could support your activities, and participate in any events. This is likely to increase public and media interest
- Offer to be a guest on a local radio or TV show, or to answer questions online.
- Have something to give people which will help them stay healthy, and show what physiotherapists do to help: information sheets and posters like those available from the World Physiotherapy website are a good place to start

Get inspired!

See how World PT Day has been celebrated in the past

www.world.physio/wptday/activities