

Home Recovery Rehabilitation, for Covid-19 hospital patients.



COVID-19 EXPLAINED

Coronavirus (CoV) are a large family of viruses causing illness ranging from the common cold to more severe disease, such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS-CoV). The most recently discovered corona virus is SARS-Cov-2 or better known as Covid-19.

HOW TO PREVENT COVID-19

- Wash hands frequently with soap and water for a minimum 20 seconds.
- Wear a cloth mask at all times around other people.
- Disinfect frequently touched objects
- Sneeze and cough into a tissue or elbow.
- Avoid crowded places and stay home if sick.
- Avoid touching your face and mask



RETURNING HOME AFTER HOSPITAL STAY.

Once you return home from a hospital stay, your doctor will instruct you to stay at home to isolate if you are still positive and need further recovery. In hospital you received physiotherapy to aid in increasing oxygen via breathing exercises.

These breathing techniques should still be continued every day at home, to further strengthen your lung capacity and increase oxygen levels. Rehabilitation aims to get you back to your normal activity levels.



Rehabilitation Exercises

Sit to stand



Sit on a stable chair with hands on legs or side of the body. Shuffle forward to edge of the chair and from this position stand up. Sit down after standing for 3-5 seconds. Sets: 3 Repetitions: 10

Progression: Place a 1kg-2kg weight in hands to add resistance to movement.

1

Heel Raises



Standing behind a chair, hold onto the back of the chair and raise the heels off the floor. Keeping your knees straight. Try to stand on the ball of your foot for 5-8 seconds and then flatten your feet.

Set: 3 Repetitions: 10

Progression: Perform the same exercise on one leg at a time

2

Wall Squat



Chair Squat



Free Squat



Wall Squat: Start by leaning against a wall, with feet hip distance apart. Lower your buttocks as far as you feel comfortable and hold for 5-10 seconds. Repeat 10 times. Sets: 3

Progression:

Chair Squat: Hold onto the back of a stable chair. Squat down as low and comfortable as possible and hold for 5-10 seconds. Repeat 10 times. Sets: 3

Free Squat: Letting go of the chair, squat down to a comfortable squat position and hold for 5-10 seconds. Repeat 10 times. Sets: 3

3

Marching on the spot



March on the spot twice a day for 10-15 minutes. Rest for 1 minute intervals if you are experiencing fatigue.

Progression: Walking for 10-30 minutes a day.

4

Steps/Stair climbing



Climb steps or stairs for 5 - 15 minutes twice a day to increase heart rate and leg strength. Which may be due to limited exercises during the hospital stay.

5

Disclaimer: Information in this infographic is purely to make people aware of general rehabilitation exercises, to aid in post hospital recovery after contracting the Covid-19 virus. Consult your doctor or physiotherapist if you experience any discomfort or pain when performing exercises.

Telehealth options are available if unable to physically attend a session at one of the branches



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