

Hospital Discharge

- Isolate for a further 10 days after discharge.
- Book a follow up visit with your doctor and physiotherapist to discuss your recovery.
- Continue the exercises received during your hospital stay.
- Monitor your symptoms and report any changes immediately.
- Maintain a healthy eating lifestyle.
- Avoid crowds, close contact with others and confined spaces.
- Keep wearing your mask, sanitize your hands and socially distancing.
- Your mental and emotional health is important, maintain connections with others through messages, phone calls and social media.

Other Contacts:

COVID Hotline: 0800 029 999

COVID Whatsapp: 0600 123 456

WC COVID Hotline: 021 928 4102

Mental Health: www.sadag.org

The following pamphlet is an information brochure to assist in the recovery process of COVID-19. For more information visit the following websites:

www.sacoronavirus.co.za

www.afro.who.int

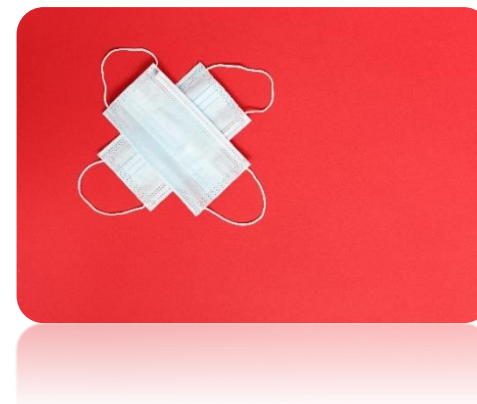
www.coronavirus.westerncape.gov.za

Disclaimer: The information in this brochure is an assistive guide and should only be used in consultation with your doctor and physiotherapist. Contact your doctor, should you experience new symptoms or further guidance.

Contact Us:

- 0219006781 (KuilsRiver Netcare)
- 0219041243 (EersteRiver)
- 0219034812 (KuilsRiver)
- Email: info@gardenerphysio.com

Post COVID Recovery



Information

The main outcome of rehabilitation is to achieve all your normal activities of daily living without breathlessness. There are different tools to measure your progress the main tools used are the 6-minute walk test, the 3-minute step test and the Borg Scale.

Borg Scale – to measure the perceived rate of exertion during activities:

0	At Rest
1	Very Light Activity – No effort
2-3	Light Activity – Easy to breathe, carry a conversation
4-6	Moderate Activity – short conversation
7-8	Vigorous Activity – Speak a sentence
9	Very Hard Activity – Speak a few words
10	Max Effort Activity – unable to talk

Muscle strength and exercise tolerance work together to achieve your daily activities.

The areas of muscle strength are the Respiratory system and the Skeletal System.

Breathing Exercises

Duration: 2 – 3 mins or 30 breaths.

Twice Daily.

For more exercises, see our website.

Diaphragmatic Breathing

Place one hand on your upper chest and the other on your belly.

Breathe in through your nose (feel your belly fill with air)

Breathe out through your mouth with pursed lips (feel your stomach muscles tighten)

Positive Expiratory Pressure (PEP):

Fill a bottle with 150ml of water.

Using a straw, blow bubbles into the water

Other home techniques:

- Blowing out a candle
- Blowing up a balloon



Rehabilitation Exercises

When doing any exercise, if you experience a level 8 - 10 shortness of breath, stop, do 10 diaphragmatic breathes slowly and continue the exercise, at a level 4 – 7. (see Borg Scale)

Starting level: 3 Sets of 10 repetitions or 5 – 10 minutes depending on exercise tolerance.

Exercise list:

- Sitting to standing.
- Heel Raises
- Toe Raises
- Heel to toe walking
- Squats – Wall squats; Chair Squats and Free Squats
- Marching on the spot
- Steps
- Walking

Be patient, with yourself, it may take a few weeks before you achieve your previous fitness level. Diarise your progress and celebrate your achievements.

