

Top tips to support recovery



Once you are home, adhere to the government advice on staying home and self-isolation as appropriate

Keep yourself hydrated



Carry out light to moderate exercise

Pace yourself and build up slowly



Make time for relaxation

Stay in touch with friends and family using the phone or internet



Tips for staying motivated

Do something you enjoy

Vary your activities

Don't set goals too high

Fit your exercise into your daily routine

Get into the habit of exercising

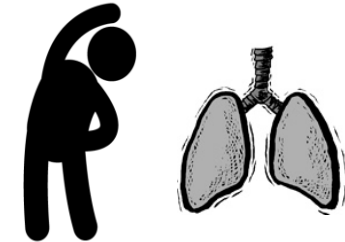


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COVID-19



Physiotherapy guide for patients

Pacing yourself

Remember to pace exercise and activity. This means doing activity little and often, which helps smooth out resting and rushing.

You may find it useful to keep a record of your activity, so you can see what you are doing and gradually increase it.

Stop for rests if and when you need to even with simple daily tasks such as washing and dressing.

Key points for pacing and achieving your goals

Decide on an activity / goal

Find your baseline (how much of this activity you can manage on a bad day)

Be realistic

Gradually increase your activity

Plan your increases

Be consistent

Pacing can lead to

- ✓ increased fitness
- ✓ increased success
- ✓ increased confidence
- ✓ a reduction in stress

Why exercise is important

Exercise can help you to build up and maintain strength and flexibility. It can also make you feel better. Doing regular exercise helps you to be more independent and do the things you enjoy.

How much exercise

Start slowly with gentle exercise then aim to build up to 30mins of exercise as your symptoms improve.

Light to moderate exercise means you should be slightly out of breath but able to talk comfortably.

It is normal to have 'good' and 'bad' days when recovering from illness. Don't overdo your exercise on good days and try to do even a small amount of exercise on your 'bad' days.

Things to remember

Wear comfy shoes and loose fitting clothes

During exercise you should feel warm, be breathing a little harder than normal, but still be able to talk

Start off slowly and gradually build up. You don't have to do it all at once

Relaxation

Relaxation is the gradual quietening of your mind and your body. It helps you become aware of tension and control it.

There are many different ways to relax. The best relaxation is the one that suits you.

Breathing relaxation technique

When you are stressed your breathing tends to become fast and shallow. Doing this breathing technique will help you to take deeper and slower breaths.

At first you may find it easier to practice the technique lying down on a mat.

1. Place one hand on your chest and one on your stomach, just below your ribs
2. Breathe in through your nose. Notice your stomach begin to rise and your chest remains fairly still
3. Slowly and evenly, let the breath out through your nose and feel your stomach sinking
4. Be aware of your hand on your stomach rising, while the hand on your chest hardly moves