

Client success story

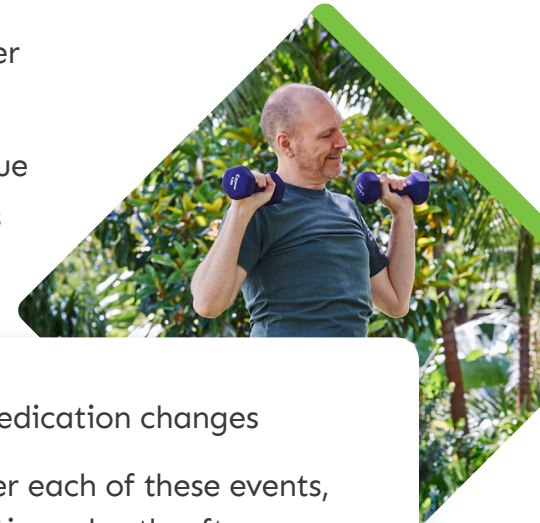
An Exercise Program for Auto-immune Conditions following COVID Vaccine

Injury/Condition:
Multi-Organ system failure



Profile at initial assessment 39 year old male

- ◆ Ceased work 2 April 2021 due to Multi-Organ system failure as a result of receiving the AstraZeneca COVID vaccination
- ◆ Possible pre-existing Cytomegalovirus infection which was activated due to vaccination
- ◆ Occupation: Disability Support Worker – quadriplegics and paraplegics
- ◆ Primary concerns related to his fatigue levels and poor cardiovascular fitness



The program:

- ◆ 13 supervised home-based reviews completed over a 6-month timeframe. Initially planned for 8 sessions x 3-month intervention but hospitalisations merited further involvement
- ◆ Program took place at the client's home gym due to his immune suppressant medication, which increased the risk of infection
- ◆ Initial combination of moderate intensity aerobic exercise and resistance training
- ◆ Client re-hospitalised twice due to medication changes
- ◆ Minimal deconditioning occurred after each of these events, allowing exercise intervention to continue shortly after hospital discharge
- ◆ Towards the end of the program, we integrated higher-intensity intervals to complement the significant improvements in function he was demonstrating
- ◆ The intervention focused on returning the client to meaningful activities, including playing with his two young sons and resistance training

Key health marker outcomes:



35% improvement

in self-reported fatigue levels

- ◆ Significant improvement in **Cardiovascular fitness** - from 'Poor' to 'Above Average'



64% improvement

in work related function. Upper body strength – waist to shoulder lift

Other reported benefits from the program:

- ◆ Demonstrated excellent adherence to the exercise program - following and exercising 4-6 times a week and completing **additional exercise with his sons on the weekends**
- ◆ **Re-engagement in previously enjoyed hobbies** and recreational activities such as resistance training and playing with his sons
- ◆ At program completion, reported feeling **empowered and extremely confident** to maintain exercise program **independently**



The exercise program has assisted with bettering my health and completing my normal routine, participating in hobbies/social activities and returning to work



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