

Client success story

Conditioning following COVID-19 diagnosis

Condition: COVID-19



Profile at initial assessment

35 year old female

- ◆ Contracted COVID-19 20/01/2022 and managed acute phase of recovery at home
- ◆ Worsening chest pain and palpitations at rest with hospitalisation 8/02/2022. Discharged 10/02/2022 cleared for graded activity
- ◆ Reported symptoms secondary to chest pain; confusion & disorientation, exacerbated anxiety, teary & overwhelmed, fatigue at rest, unable to sustain high intensity exercise and/ or high-level thought processing or problem solving for more than a few minutes

The program:

- ◆ 8 supervised community-based reviews completed over a 10-week period
- ◆ Provision of a combination of resistance, aerobic-based training, plus activity scheduling within the home, park-based with an occasional gym-based review; a pre-condition pastime that exacerbated chest pain hence anxiety and negative emotions when attending independently





Key Health Marker outcomes:

- ◆ Increased level of aerobic fitness and global strength
- ◆ Significant improvements in levels of fatigue and cognitive functioning
- ◆ Confidence in her ability to perform her work and sustain such performance

Key RTW outcomes:

| | |
|--------------------------------|--|
| Ceased work | 20 January 2022. |
| At program commencement | 14 February 2022 Certified unfit for all duties. |
| Initial return to work | 28 February 2022. Fluctuations in work attendance between date of diagnosis and start of work conditioning program |
| At program completion | Certified for pre-condition duties with ongoing implemented pacing strategies |

Other reported benefits from the program:

- ◆ Demonstrated excellent adherence to the exercise program, including recommendations for adequate pacing to reduce 'boom/bust' tendencies
- ◆ Re-engagement in previously enjoyed hobbies and recreational activities such as dancing and singing
- ◆ At program completion, reported feeling empowered and extremely confident to maintain such self-management strategies independently

“Research shows expert guidance with individualised exercise can assist in managing the secondary physical and mental health impacts of COVID-19

Barker-Davies, R. M et al. (2020). The Standard Hall consensus statement for post-COVID-19 rehabilitation. British Journal of Sports Medicine



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