

Rehabilitation is probably effective for post-COVID-19 conditions

The WHO defines post-COVID-19 condition (PCC) as “the continuation or development of new symptoms three months after the initial SARS-CoV-2 infection, with these symptoms lasting at least two months with no other explanation.

This systematic review¹ examined respiratory training and exercise-based rehabilitation interventions for adults with PCC review of 14 randomised clinical trials involving 1244 patients found moderate certainty evidence indicating that standardised rehabilitation interventions were associated with improvements in functional exercise capacity (standardised mean difference, -0.56 ; 95% credible interval -0.87 to -0.22). However, a high level of uncertainty and imprecision was observed concerning the probability of experiencing exercise-induced adverse events.

The recommendation was that health professionals closely monitor these patients while implementing such interventions to ensure patient safety until more definitive evidence is available.

Reference:

1. [Rehabilitation Interventions for Physical Capacity and Quality of Life in Adults With Post-COVID-19 Condition: A Systematic Review and Meta-Analysis](#) JAMA Netw Open. (2023)

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Our mailing address is:

Goodfellow Unit
The University of Auckland | Grafton Campus
22-30 Park Ave, Grafton
Auckland, Auck 1023
New Zealand