

How Chest Physiotherapy Assist in Treating Breathing Difficulties in Covid Sufferers?

Introduction

After 10 to 15 days of Covid-19 infection, perform a 6-minute walk test. Rest for at least a month and continue to practice breathing exercises. Here's how respiratory physiotherapy can help you overcome COVID-19-related shortness of breath.

Shortness of breath is the most common breathing problem in the post-Covid population. Shortness of breath is sometimes accompanied by chest pain. This condition can last for one to two months. The source of this long-term Covid-19 symptom is discussed; as well as how respiratory physiotherapy can assist patients overcome their breathlessness.

Explaining Shortness of breath accompanied by a dry cough or a productive cough in certain patients

Covid Recover Breathing Exercises

Prone position

Breathing exercises in the prone position can improve lung function in mild to moderate cases and even after Covid. According to the government, lying down in a prone position can help you get more

Öä & ~|cä^•kë}äÖ [çäähÜ~ ^!^!•NÄRÄB [çhÜ@~•ä [c@^!ÄFFKÄ | T | É

c^! { •Ä [-Ä c@^Ä Ö!^æcäç^Ä Ö [{ [] •Ä (Ecc!äâ~ cä [] Ä Sâ&^) •^ÄÄ , @ä&@Ä] ^! { äc•Ä ~ } !^•c!ä&c^ÄÄ ~ •^ÄÄäâ•c!äâ~ cä [] E!æ} äÄ!^! : [ä ~ &cä [] kâ } kæ } ^Ä { ^äâ ~ { ÄÄ] : [çäâ^Ääkc@^Ä [!ä^ä } æ!kæ ~ c@ [!kæ } äÄ