

## CAN POWER PLATE HELP COVID-19 PATIENTS DURING THERAPY AND REHAB

### Post-Covid Syndrome

Coronavirus SARS-CoV-2 is the triggering agent of Corona virus disease 2019) which shows very variable phenotypic courses from an asymptomatic course to a severe acute respiratory syndrome (SARS). The disease is not limited to the respiratory system. Systemic hyperinflammation, characterized by a cytokine storm, as well as disseminated, intravascular coagulation indicate the involvement of the vascular endothelium in the disease process. The SARS-CoV-2 virus attacks a large number of organs, with involvement of the heart, skeletal muscles and the nervous system.

### Symptoms

The long-term course also differs from a number of viral diseases. A number of patients complain about symptoms months after the acute infection, or the symptoms flare up again between three and six months after the acute infection.

- **Shortness of breath** (dyspnea) *especially during exertion, but also at rest*
- **Reduced performance**
- **Mental and Cognitive Functional Impairments**
- **Chronic tiredness / Fatigue**
- **Muscular Weakness and Pain**
- **Post-Traumatic Stress Reaction** *pronounced emotional and psychological stress*

### Rehabilitation Goals

**Somatic goals:** improvement of general performance and functional limitations. Reduction of the influence of potentially existing comorbidities. Improvement of organ functions.

**Mentally:** Support in coping with illness. Improvement of the ability to perceive and cognitive processes.

**Participation orientation:** restoring the ability to perform for reintegration into professional life or everyday domestic life.

[Klinik Königsfeld - Post-Covid-Syndrom \(deutsche-rentenversicherung-reha-zentren.de\)](https://www.koenigsfeld.de/post-covid-syndrom)

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**WORLD HEALTH ORGANIZATION** Global literature on coronavirus disease

<https://search.bvsalud.org/global-literature-on-novel-coronavirus-2019-ncov/resource/en/covidwho-343253>

## RESEARCH

<https://search.bvsalud.org/global-literature-on-novel-coronavirus-2019-ncov/resource/en/covidwho-343253>

[Rehabilitation strategies and neurological consequences in patients with COVID-19: part II: Physical Therapy Reviews: Vol 0, No 0 \(tandfonline.com\)](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7277771/pdf/ijerph-17-03650.pdf>

<https://dergipark.org.tr/tr/download/article-file/1195969>

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