

ENGLISH TRANSLATION of

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

Post-Covid Syndrome

The coronavirus SARS-CoV-2 is the triggering agent of Covid-19 disease (Corona virus disease 2019). The Covid 19 disease 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 with particular involvement of the olfactory and taste systems have been described.

Symptoms

The long-term course of the Covid-19 disease 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. The term post-Covid syndrome was coined for this.

Main symptoms are:

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, as well as pronounced emotional and psychological stress in the sense of a post-traumatic stress reaction. This makes it clear that only a multimodal therapy approach is promising, i.e. that different forms of therapy should be combined.

Rehabilitation Goals

The following rehabilitation goals can be described for post-Covid syndrome patients:

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.

Target group

Affected patients of all ages can be considered as addressees.

Rehabilitation offer

The rehabilitation offer at the *Königsfeld Clinic* includes a large number of offers for post-Covid syndrome patients. These are by no means restricted to patients with cardiac symptoms. The exact delivery is individually adapted to the symptoms and needs of the patient. Examples of the different offers are listed below:

Aerobic endurance training (both as continuous training or as interval training)

Whole or partial body strength training ([EMS on Power Plate](#) for very deconditioned patients)

Respiratory physiotherapy

Respiratory muscle training

Vibration training

Brain performance training

psychotherapy

Sensorimotor training

Nutritional therapy