



**CORONAVIRUS**

**PULMONARY**

**REHABILITATION**

**PATIENT GUIDE**

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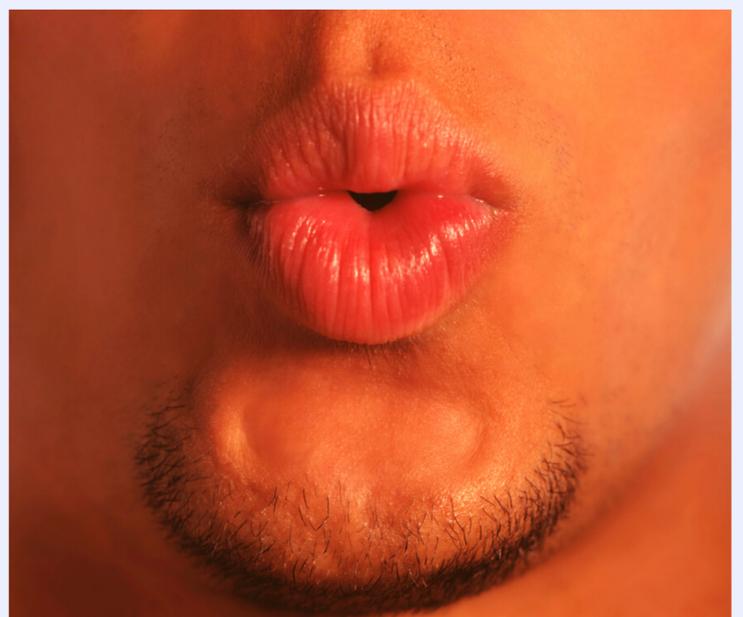
## **How to deal with infection?**

# How to exercise before infection?

Before infection, as a precautionary measure, make sure you have a well-functioning respiratory system. The better your respiratory system, the more effectively it will function during illness. Breathing exercises counteract serious complications and accelerate recovery.

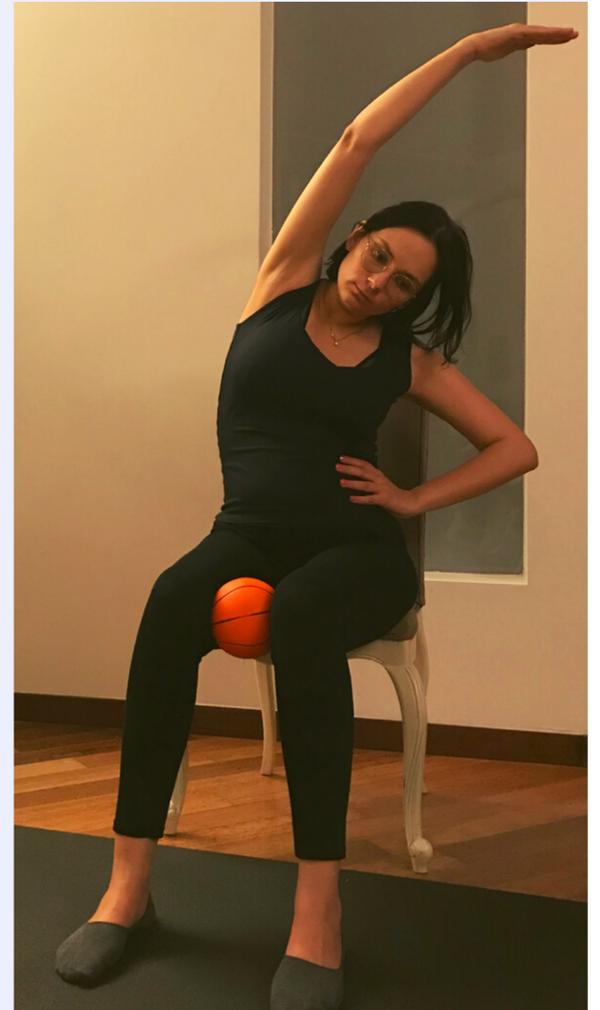
## Breathing With Whistling

- 1 Fold your mouth like for whistling
- 2 Inhale through your nose, counting to 2
- 3 Breathe out through folded lips, counting to 4
- 4 Breathe slowly and do not force the breath out
- 5 Repeat 5 times



# Chest stretching

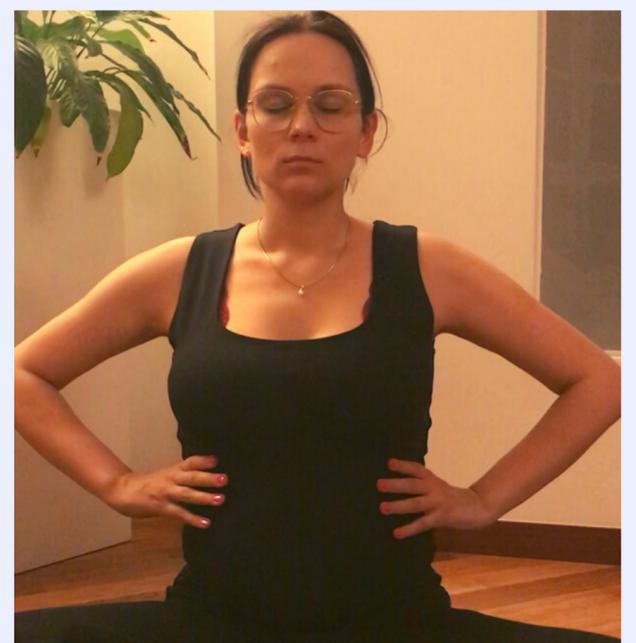
- 1 Sit comfortably on a chair, keep your back straight
- 2 Raise one arm above your head and to the side, stretching the side. Place the other one on your waist.
- 3 Breathe in through your nose, directing air towards your ribs. Feel the stretching of your rib cage.
- 4 Breathe out slowly through your nose and lower your arm.
- 5 Repeat with the other arm.
- 6 Five breaths for each side.



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# Diaphragmatic Breathing - breathing towards the lower ribs

- 1 Sit on a chair or on the floor in a comfortable position. Keep your back straight.
- 2 Put your hands on the lower ribs.
- 3 Inhale normally through your nose, expanding your lower ribs.
- 4 Breathe out slowly through your mouth until you feel the ribs fall and your hands come closer together. Do not force the exhale - it should be slow and gentle.
- 5 Repeat 5 times.



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# 360 Degree Breath

- 1** Sit comfortably, gently rounding the lumbar area of your back.
- 2** Relax your arms. Place one hand below the sternum (the spot where the lower ribs meet), between the lower ribs and the other on the spine at the lower level of the rear ribs.
- 3** Inhale through your nose so that your hands move apart. Don't push your belly out! "Push away" the hand on the back with your ribs. Breathe as if towards your back. Feel the stretching of your lower back and sides.
- 4** Now exhale slowly through your mouth folded as if to blow. Exhale until your ribs come down and the hands come closer together.
- 5** After exhaling, pause for 2 seconds.
- 6** Feel your abdominal muscles tightening.
- 7** Don't suck in your belly button!
- 8** Repeat 5 times and switch hands.
- 9** Perform 2 series, 5 breaths for each hand. Rest 1 minute in between.



# How to deal with fear and anxiety?

Feeling stress and anxiety in time of pandemic and quarantine is understandable. It's important to find a way to deal with it. To maintain mental well-being you need to learn about healthcare in general but first, you need to master relaxation techniques.

## Ways to deal with stress

➤ Using reliable sources, learn about the nature of COVID-19 disease, what you should do in the event of a suspected infection and what are the recommendations for patients. Find out where you can look for help in your place of residence. The above information can be found on your Government's website.

US: [www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV)

UK: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

WHO: [www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)

➤ Recognize things, activities or people that calm you down and remember them. Analyze how you feel when you feel anxiety and what your reactions are in the event of severe stress or panic. This will allow you to respond appropriately if you experience anxiety about the illness.

➤ Don't be afraid to ask for help. If you experience severe stress associated with coronavirus, talk about your concerns with your loved ones or consult with a specialist.

➤ Learn and practice relaxation exercises every day.

## Relaxation exercise

# Body Scan Meditation



- 1. Sit or lie down comfortably. Make sure you will not be disturbed.**
- 2. Close your eyes. Relax your arms, face and jaw.**
- 3. Take 3 calm breaths, breathe through your nose.**
- 4. Focus on your breath. Listen to your environment, note your thoughts. Let your thoughts flow by with each breath.**
- 5. Feel your whole body. Focus on the inside of your body.**
- 6. With each breath, imagine that you're traveling across your own body.**
- 7. Start your journey with the mind - note your thoughts, ideas, feelings. Let them flow away.**
- 8. With next breaths, continue your journey through your body: arms, hands, fingers, heart, stomach area. Feel them - what do you feel in them? Pain? Warmth? Calmness? Release the pressure from them.**
- 9. Next, feel your legs and feet. Notice the sensation of your feet touching the floor. With each consecutive breath, release the pressure from them and relax them.**
- 10. With each breath, get rid of pain and tension. When you feel calm and ready, open your eyes.**

# What to do if you have dyspnea?

Shortness of breath (dyspnea) is one of the main symptoms of COVID-19 disease. Dyspnea is associated with shortness of breath and faster breathing. It is a feeling of breathlessness and may be associated with increased work of respiratory muscles. The act of breathlessness itself is stressful, which can cause panic.

Shortness of breath occurs with hyperventilation (overbreathing), which further activates stress reactions in our body. To stop a breathlessness attack, calm your breathing and thoughts. Learning breath control exercises and assuming correct body posture to support breathing is extremely helpful.

## Controlled Breath during panic attack or shortness of breath

- 1 Stop and assume a comfortable body position.
- 2 Try to slow down your breathing by gently holding your breath after each exhalation.
- 3 Gradually extend the exhalation phase of each breath.
- 4 Try to activate diaphragmatic breathing.
- 5 Once you've calmed down your breathing, continue with the exercise to further steady your breath. Try following this breathing scheme:



- 6 Continue the exercise until you feel calm and relieved.

# A position to support breath in breathlessness

- 1 Sit in a comfortable position. Bend your torso and lower your head. Relax your arms and shoulders.
- 2 Rest your elbows on a table or a chair. If that's not available, put your hands on your knees.
- 3 Try to calm your breathing. Breathe as you have been breathing but gradually increase the exhalation. Slowly, try to breathe only through your nose.
- 4 You can use "whistle breathing".
- 5 Breathe from your diaphragm.
- 6 Think about the fact that your shortness of breath will soon pass and you will calm down.
- 7 When your breathing returns to normal, stay in this position for about 5 minutes. Try a Controlled Breath or other relaxation exercise.



# What to do you when you're infected

If you suspect you have COVID-19, follow the guidelines on your Government's official website. Follow your doctor's instructions and official recommendations.

If you do not qualify for hospitalization, make sure you do everything to recover as soon as possible at home by following your doctor's instructions. If you're in good condition, use the breathing and relaxation exercises. Try to move and perform daily activities, e.g. maintaining hygiene and moving around the apartment.

## Rehabilitation in the light course of the disease at home

- Remember that an important element of recovery is awareness of threats and recommendations and taking action on them. Educate yourself on the subject of coronavirus and COVID-19 disease.
- Rest and sleep a lot. Remember about a healthy diet.
- Take action against stress and panic - use breathing and relaxation exercises.
- Use exercises and positions to combat shortness of breath.
- Give up smoking and follow the principles of a broadly understood healthy lifestyle.
- If in doubt, consult qualified specialists.

Developed based on:

1. Chinese Rehabilitation Medicine Association, Respiratory Rehabilitation Committee of Chinese Rehabilitation Medicine Association, Cardiopulmonary Rehabilitation Group of Physical Medicine and Rehabilitation Branch of Chinese Medical Association. 2019 New Coronary Virus Pneumonia Respiratory Rehabilitation Guidance (Second Edition) [J / OL Chinese Journal of Tuberculosis and Respiratory Diseases, 2020, 43 (2020-03-03). <http://rs.yiigle.com/yufabiao/1183323.htm>. DOI: 10.3760 / cma.j.cn112147-20200228-00206.
2. Pulmonary rehabilitation in adults Breathe Jun 2016, 12 (2) 192-195; DOI: 10.1183/20734735.ELF122

You can learn more about breathing training on:

[sofizjo.pl](http://sofizjo.pl)

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In the guide you will find tips and information related to healthcare. This information is not a substitute for professional medical advice. If you suspect or are fully aware of your health problems, you should consult a physician before starting any health program. The author is not responsible for the use or application of any information or advice described in the book. Remember, however, that every effort has been made to include the most current and reliable information in the guide. Contact a doctor, if necessary.

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