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Understanding the person behind

Dementia

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Diabetic Neuropathy

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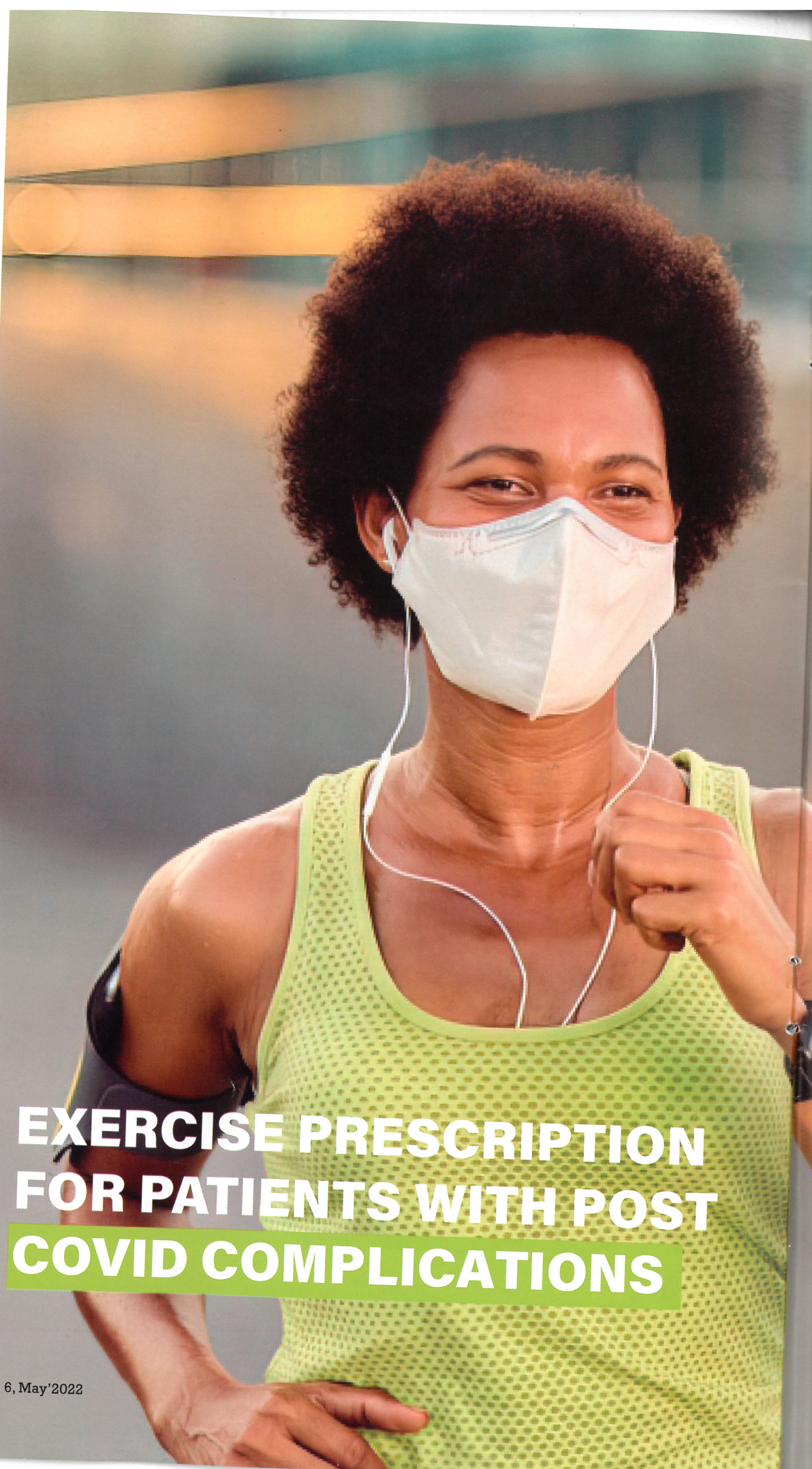
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In conversation with

SHRIMANT JHA

Differently-abled
Indian Arm Wrestler

EXERCISE



EXERCISE PRESCRIPTION FOR PATIENTS WITH POST COVID COMPLICATIONS

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Noble corona-virus is well known for the ongoing pandemic and the main reason for the decline in the health status of every patient and their caretakers. It is caused by SARS-COV- 2 viruses and Spreads from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. As per WHO, 200 symptoms have been noticed mainly fever, dry cough, tiredness and loss of taste with skin and intestine complications.

Generally, 2 weeks of isolation with proper care is required to recover from this virus and people with secondary complications will require special medical and ICU care.

When this symptoms lasts for 2 months even after the person has recovered from this virus it is called post covid complications. Mainly 3 symptoms have been noticed shortness of breath, cognitive dysfunction and fatigue with other symptoms like chest pain, trouble talking, anxiety, depression, and muscle ache. These symptoms last from 3 months to 9 months and vary for every individual.

TREATMENT

A patient will show up with complaints of shortness of breath, muscle ache, loss of attention, difficulty in concentrating, dehydration, forgetfulness, mood swings, mental fatigue. Patient-centric treatment is mainly followed by a team that comprises Primary care providers, Relevant Specialists, Rehabilitation Professionals, Social Care Workers and Mental Health Professionals. Lifestyle modifications remain the main keep for staying healthy which mainly comprises of regular exercise, 7-8 hours of good sleep, Drinking 3 litres of water daily, Stress management and following a healthy diet.

EXERCISES

Exercises are the best way to remain fit. A minimum of 30 to 45 minutes of exercise for 5 days per week is advised to maintain physical fitness. Regular exercises can enhance cardiovascular endurance, improve muscle strength, help sound sleep, helps in generating focus and in building the health status of the person. Some home exercises are discussed below that an individual can perform independently to overcome the above-discussed symptoms.

1. Breathing exercises:

Diaphragmatic breathing, Purse-lip breathing and deep breathing exercises for relaxation and other benefits. Place one hand on your chest

and the other on your abdomen. Feel the movement of your chest and abdomen while performing and take a deep and long breath. Breathe in via nose till count 3, hold the breath till count 4 and then breathe out via mouth just the way you whistle till count 5. It can be done by following Inhale 3, Hold 4 and Exhale 5.

2. Extended Breathing Exercises

Usage of incentive spirometer, and peak flow meter should be encouraged. However, other exercises like blowing a balloon, blowing candles in 1 go, and blowing a tissue paper repetitively keeping it at 10cm, 15cm and 20cm away.

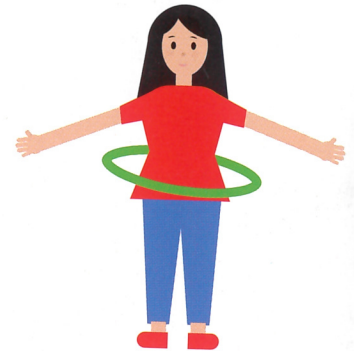
3. Thoracic expansion exercises

Take a deep and long breath in via nose and simultaneously move both hands in an upward direction or sideward direction and then slowly breathe out through your mouth and brings your hands back to the normal direction.

4. Physical activities

Make a habit of walking every day starting from 6000 steps per day and gradually increasing the speed and step count. Perform shoulder, elbow, wrist, hip, knee and ankle movements actively in all possible directions. Repeat it as often as possible.

5. Strengthening



exercises

Performs movements of the shoulder, elbow, hip and knee in all directions by carrying a weight of 500gms and gradually increasing the repetition and weight after a certain interval of time.

OTHER CONSIDERATIONS:

1. Family and friends play a major role in any individual's life and it is their responsibility to provide emotional and moral support. Listen and talk to them and also encourage them to stay positive.
2. It is observed that there is 2% muscle wasting each day during covid which leads to a change in appearance. Take proper skin and body care.
3. Practice 15 minutes of meditation and laughter therapy to keep your mind and soul uplifted.

“ Understand you are not alone. Stay motivated and positive. Self-love is all we need. ”



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Events March- April 2022

01



The physiotherapy students of ABSMARI participated in and worked with the Odish para-athletes at the National Para-athletics championships held at Kalinga Stadium, Bhubaneswar.



02



3 Days Hands On workshop on "INTERGRATED SPINAL MOBILISATION" by shree Bharatimaiya college of optometry & physiotherapy on 6,7 & 8th march 2022 BY Dr.Subhash Khatri