

Post-viral fatigue Symptoms

Post-viral fatigue can be debilitating, you might be suffering from:

Chest Pain Breathlessness Fatigue Joint and Muscle Pain Anxiety and Depression Palpitations
Brain fog Frustration Your voice, taste, smell may be affected, you may have a Cough or trouble swallowing

We can help you manage symptoms so you start feeling better again.

You do not need to have had a serious case of Covid to suffer from post-viral fatigue.

You may have cycles of improving and then feeling unwell again.

Recuperation Guide

Aiding post-viral fatigue after Covid-19

Rest

Short, regular rests

Rest actively before you feel exhausted, use meditation and breathing activities

Eat, Activity, Rest, Repeat

A routine helps you stay positive and focussed



Pace Yourself

Pace Yourself. Prioritise and don't over exert. Realise that rest is recovery

Sleep routine

Stick to set wake up and bed times and avoid naps to optimise sleep quality

If you are experiencing post exertion fatigue then rest may be the most important intervention for you. Speak to your Healthcare Practitioner about appropriate strategies to help improve energy and function prior to increasing exercise and physical activity.

Daily Life

Energy rich Foods, Protein and Vitamins

Will boost your immune system and energy levels, choose unprocessed food

Phased work return

Ask your employer about a phased return/managed work load to avoid more sick leave

Keep a diary of activity, sleep and fatigue

Only increase activity when you have had no increase in fatigue for 5 - 7 days

Keep Hydrated



Drink plenty of fluids, choose milk to add protein and energy

Exercise*

Movement matters

Exercise can help make you feel stronger. Pace yourself and avoid over exertion

When you exercise, only increase gradually

We can advise you on how to do this safely

Deploy your Endorphins

Exercise can help boost your mood



Start with light muscle strengthening exercises.

Find a baseline that does not increase fatigue

Sport Rehabilitators can help you manage your symptoms and safely reintroduce exercise. We can give advice on lifestyle choices, sleep and well-being.

How we can Help

We are patient centred, our healthcare practitioners can help with all symptoms from fatigue to joint pain and anxiety.

Following a consultation, your Sport Rehabilitator will monitor progress and adapt your personalised recovery plan as your recovery evolves.

visit basrat.org to find a Sport Rehabilitator



* if you feel dizzy, unusually short of breath or have chest, jaw or arm pain please stop exercising and consult a healthcare professional.