

PATIENT GUIDE · LONG COVID REHABILITATION

Recovering from Long COVID

Recovery from Long COVID is a marathon, not a sprint. This guide introduces the paced, symptom-led approach we use so you can rebuild capacity without triggering setbacks.

Understanding Long COVID

Long COVID can affect breathing, energy, cognition and sleep. Common symptoms include breathlessness, fatigue, brain fog, palpitations and post-exertional symptom exacerbation (PESE).

The right rehabilitation is gentle, gradual, and adapted daily to how you feel.

The 3 P's — Pace, Plan, Prioritise

- **Pace** — stop before you feel wiped out, not after
- **Plan** — spread activity through the day and week
- **Prioritise** — what really needs your energy today?

Breathing pattern retraining

Many people with Long COVID develop dysfunctional breathing — quick, shallow, upper-chest patterns that worsen breathlessness and anxiety. Retraining restores a slower, diaphragmatic pattern that lowers heart rate and eases symptoms.

Watch for post-exertional symptoms

- New or worse fatigue 12–72 hours after activity
- Increased brain fog or headaches
- Higher resting heart rate the next morning
- Reduced tolerance to normal daily tasks

Before your appointment

Bring this completed checklist to your first session — it helps me understand your goals and design the right plan for you.

- Your main goal for treatment (e.g. climb stairs without stopping)
- A list of your current respiratory medications and inhalers
- Any recent hospital letters, spirometry or scan reports
- Notes on when symptoms are best and worst during the day
- Typical triggers (exercise, cold air, allergens, stress)
- Any recent chest infections in the past 12 months
- Details of past surgeries or hospital admissions
- Your usual level of daily activity
- Questions you'd like to ask during the session

This guide provides general education and is not a substitute for personal medical advice. If you experience severe breathlessness, chest pain, or a sudden change in symptoms, seek urgent medical attention.