

News & Updates

Summer 2021



Long-COVID

What is it, who is at risk and available support

Long COVID (also known as post-COVID-19 syndrome) is a term used to describe the effects of COVID-19 that continue for weeks or months beyond the initial illness.

Many people who contract COVID-19 feel better in a few days or weeks and most will make a full recovery within 12 weeks. But for some people, symptoms can last longer and can seem like a cycle of improving for a time and then getting worse again.

The chances of having long-term symptoms does not seem to be linked to how unwell you are when you first get COVID-19. It can affect anyone who has had it, even if the illness was mild, or they had no symptoms.

Common Long COVID symptoms include:

- extreme tiredness (fatigue)
- shortness of breath
- chest pain or tightness
- problems with memory and concentration ('brain fog')
- difficulty sleeping (insomnia)
- heart palpitations
- dizziness
- pins and needles
- joint pain
- depression and anxiety
- tinnitus, earaches
- feeling sick, diarrhoea, stomach aches, loss of appetite
- a high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- rashes

Pilates at home

Exercising in your living room in front of a screen is nothing new – who remembers the Green Goddess or Mr Motivator?

The arrival of the pandemic meant we also ventured into the world of bringing online workouts to your home with Zoom Pilates.

We know that some of you have enjoyed the convenience of being able to exercise at home and want to continue, whereas others are keen to return to group sessions here at The Physiotherapy Centre.

For now, our professional body continues to advise against group sessions so we shall carry on offering Pilates online.

Once we are able to resume group Pilates, if we find there is enough demand for online courses too, we may well make Zoom Pilates a permanent service.

Please do let us know what you think.

COVID update

Your safety continues to be our number one priority, so measures currently remain in place for social distancing and strict hygiene practices.

With the rules due to be relaxed on 21 June, we are reviewing our procedures to make sure they are appropriate for managing the current level of risk.

Full details about what to expect when you arrive for your appointment are on our website.

Continued on page 2:/

Continued from page 1:

How long does it last

We are still learning how long the illness lasts and details of how many people are affected by Long Covid are still emerging. In a study led by the University of Leicester, research suggests that it is common for it to last five months or more, and there are separate reports of it lasting longer than 12 months. The recovery time is different for everybody.

Who is most at risk

Research on who is most at risk of Long Covid is in the early stages and different studies have so far produced different results regarding risk factors.

The Office for National Statistics (ONS) estimates that over a million people in the UK were reporting symptoms associated with Long COVID at the beginning of March 2021, with over two-thirds of these individuals having had (or suspecting they had) COVID-19 at least 12 weeks earlier.

An estimated 674,000 people reported that their symptoms have negatively impacted on their ability to undertake their day-to-day activities. People who tested positive for COVID-19 are around eight times more likely to suffer prolonged symptoms than observed in the general population.

When can physiotherapy help

Many people report post Covid joint and muscle problems. Joints and muscles are better when we regularly move, and when unwell with COVID people are less active than usual. This can cause aches and pains, stiffness and muscle weakness, which can lead to difficulties with activities such as standing, climbing stairs, gripping objects with your hands or lifting your arms above your head. Some of the treatments that are needed during COVID illness can also put extra stresses and strains on joints and muscles which can cause new or increased problems.

People have said the most common problems after being unwell with coronavirus are shoulder and back problems, but some people have widespread aching that can come and go for a time as they recover. Some people also have odd or altered feelings such as numbness or pins and needles and weakness in their arms or legs.

A physiotherapist can help you plan your return to activity, explain how to pace your activity and guide you on safe exercises. If this is something you would like assistance with, please contact us at The Physiotherapy Centre for further information about booking an appointment.

What next

Long Covid clinics are being rolled out across England and have started in Wales to help those struggling with ongoing symptoms. If you're worried about your symptoms, or if they are getting worse, contact your GP to discuss being referred.

The NHS has produced some guidance on managing the effects of COVID-19 including guidance for dealing with musculoskeletal shoulder and back pain. A link to the guidance can be found in the Knowledge and News section on our website.

Bupa patients

Bupa has recently changed its terms and conditions which means it is unfortunately no longer financially viable for us to accept their patients. Patients with medical insurance from other providers remain unaffected.

If you are a Bupa patient and are affected by this decision, we recommend you contact Bupa direct to discuss the impact of their action and a possible solution.



Mothers Meet

Last month, women's health physio Jenny was the guest speaker at Mothers Meet at the Haslemere Youth Hub.

During the informal talk, Jenny chatted about what happens during a Mummy MOT and explained how the top to toe check-up can give peace of mind to new mums. She also gave advice on how to regain bladder control after birth.

Jenny says: "During pregnancy and childbirth, our bodies go through tremendous change, so it is not really surprising that things don't always return to the way they were before pregnancy.

"I am passionate about post-natal women's health and the positive impact a personalised treatment plan can have on conditions such as tummy gaps, pelvic floor strength, incontinence and back pain. Learning how to manage these conditions means that Mums can return to doing the everyday things they enjoy with greater confidence."

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