**Rehabilitation instructions for patients with COVID-19 on an inpatient ward**

**Breathing exercise**

* Calmly inhale through your nose, keep your shoulders relaxed. Let the exhaled air pass through your pursed lips on its own.
* Hold your hand on your upper abdomen at the same time to feel the movement in your diaphragm: your hand will rise during inhale and lower during exhale.
* Keep a tissue close by, so you can cough into it when necessary. Enhanced breathing pushes phlegm out of the lungs.

**Moving about in your room**

* Bed rest weakens the lungs, the general condition, and muscle strength.
* Aim to sit up on the edge of your bed at least every two hours, and walk about in the room if you feel up to it, and if there is no impediment to do so. Sit on the edge of your bed to let your blood pressure stabilize for a moment before you stand up and start walking. Ask for help and support if you need it.



* Preferably, stay upright rather than lying down in your bed.
* Follow the instructions on using extra oxygen.
* If you lie in bed a lot, pump your ankles by flexing and straightening them several times per hour.

**Resting positions in the bed**

* Keep the head of your bed elevated at about 30 to 60 degrees.
* When in bed rest, change the side you are lying on about every two hours. Changing the position improves the function in different parts of the lungs.

**Please see video instructions in Kuntoutumistalo (in Finnish):**

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| **Puoli-istuva-asento** **Semi-sitting position**  KUNTOUTUMISTALO.FI > Kuntoutujalle > Hengitykseen liittyvät ongelmat > Opas hengityksen harjoitteluun > Asennot hengityksen helpottamiseksi > Puoli-istuva asento |  |
| **Huulirakohengitys** **Pursed lip breathing**  KUNTOUTUMISTALO.FI > Kuntoutujalle > Hengitykseen liittyvät ongelmat > Opas hengityksen harjoitteluun > Tekniikat hengityksen harjoittamiseksi > Huulirakohengitys |  |
| **Palleahengitys**  **Diaphragmatic breathing**  KUNTOUTUMISTALO.FI > Kuntoutujalle > Hengitykseen liittyvät ongelmat > Opas hengityksen harjoitteluun > Tekniikat hengityksen harjoittamiseksi > Syvä palleahengitys |  |

Patient instructions | *HUS Internal Medicine and Rehabilitation, Physiotherapy* | Approved on: *02/04/2020*

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