

IS THERE A PLACE FOR KINESITHERAPY IN THE TREATMENT OF PATIENTS WITH COVID 19? ¹³

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Abstract: Covid 19 is a disease affecting patients of all ages, whose clinical primary and most common symptoms are manifested by fever, rhinitis, cough, muscle pain, fatigue and severe manifestations of double bronchial pneumonia, the main problem in severe stages is respiratory failure. There is evidence in the scientific literature of a prophylactic focus of kinesitherapy on the complications of the disease. Also in a number of clinical studies the high efficiency of the application of respiratory kinesitherapy in mild forms of respiratory failure and the initial stages of pneumonia in different age groups of patients has been demonstrated. Respiratory kinesitherapy includes a range of rehabilitation techniques such as breathing exercises, vibration techniques, respiratory muscle training, percussion movements, postural drainage and more.

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Keywords: Kinesitherapy, Covid 19, Respiratory Kinesitherapy

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