

## عنوان مقاله:

The effect of a pulmonary rehabilitation exercise program on patients after COVID-۱۹: A report of three cases

## محل انتشار:

مجله رهیافت های نو در فیزیولوژی ورزشی، دوره 5، شماره 9 (سال: 1402)

تعداد صفحات اصل مقاله: 14

## نویسندگان:

.zahra jalili - Master student, Physiol Faculty of Sports Sciences, Hakim Sabzevari University, Sabzevar, Iran

hamid marefati - J. Department of Exercise Physiology, Faculty of Sport Sciences, Hakim Sabzevari University, Sabzevar, Iran

## خلاصه مقاله:

Purpose: This study aimed to investigate the effect of a pulmonary rehabilitation exercise program on post-COVID-۱۹ patients. Method: Three patients (two women and one man) with different severities, from moderate to severe, were selected. Blood pressure, heart rate, blood oxygen, and body function were measured at the beginning and end of the exercises, which included ۱۲ sessions of arm and leg cycle ergometer and treadmill with adjustable resistance levels. Patients' functionality was assessed using the Barthel index, and their quality of life was assessed using the SF-۳۶ questionnaire. Results: Regarding the first patient, oxygen saturation increased from ۸۵ to ۹۵, the ۶-minute walk test (۶MWT) result increased from ۰ to ۴۲۰ meters, and the Barthel index increased from ۳۵ to ۸۵. For the second patient, arterial oxygen saturation increased from ۸۲ to ۹۲, the ۶-minute walk test (۶MWT) result increased from ۰ to ۳۹۰ meters, and the Barthel index increased from ۳۰ to ۹۰. For the third patient, arterial oxygen saturation increased from ۸۷ to ۹۶, the ۶-minute walk test (۶MWT) result increased from ۳۲۰ to ۵۱۰ meters, and the Barthel index increased from ۶۰ to ۸۵. All the patients showed improvements in their physical functions, such as walking, personal affairs, and quality of life. This functional improvement was higher in more severe levels of the disease. Conclusion: Based on the results, it seems that pulmonary rehabilitation exercises for post-COVID-۱۹ patients can contribute to the improvement of their status, arterial oxygen level, quality of life, and pulmonary functionality.

## کلمات کلیدی:

COVID-۱۹, pulmonary rehabilitation, arterial oxygen, Quality of life, Barthel index

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1704210>

