

OCCUPATIONAL RETRAINING IN PATIENTS POST SARS-COV-2 INFECTION



WEB OF SCIENCE

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Abstract

Introduction. There is a growing population of active individuals needing to recover after SARS-CoV-2 infection in order to return to professional and occupational tasks.

Aim of the study: proper rehabilitation interventions to help active people to recover after post-acute sequelae of SARS-CoV-2 infection (fatigue, musculoskeletal pain, anxiety and depression mainly).

Materials. We conducted an observational study including 18 actives, employed subjects, aged 35-60 years, referred to rehabilitation department for musculoskeletal pain and dysfunction which interfere with the capacity to perform occupational tasks and to return to active work. Patients' examination consisted of: actual complains, illness history including disease evolution and possible SARS-CoV-2 infection sequelae, concurrent illnesses, anthropometric measures (body weight and body weight changes during disease, body posture) joint range of motion and flexibility, muscle contraction and tender points, self-administered questionnaires for anxiety, fatigue, depression and sleep. Rehabilitation techniques consisted of: massage (relaxation and myofascial release techniques), electrotherapy, relaxation techniques and exercises adapted after effort tolerance.

Results. The rehabilitation program improved slowly the patient's muscle strength, determined locomotor improvements with an increase in patient's quality of life.

Conclusions. Back pain was present in all patients, neck and low back pain mainly, comorbidities in 7 patients (33,88%), spine misalignment in 16 patients (88,88%), protective posture with thoracic kyphosis and rounded shoulders, muscle contracture in neck muscles, upper trapezius, pectoralis, lumbar muscles, severe locomotor dysfunction in 2 patients (11,11%), falls in 3 patients (16,66%) sleep disturbances, fatigue, anxiety and depression signs in most of the patients. By rehabilitation treatment a better sleep, lower level of fatigue, better exercises tolerance was obtained, 8 patients (44.44%) being able to return to work.

Keywords: *SARS-CoV-2 infection sequelae, fatigue, pain, work*