

Understanding Long COVID and episodic disability to inform rehabilitation approaches

Resource List of Resources

Nisa Malli & Kelly O'Brien; June 5, 2023

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Dorfman et al. <https://www.nejm.org/doi/full/10.1056/NEJMp2302676>

WHO rehab guidelines specifically the PESE section <https://longcovid.physio/our-work/who-long-covid-rehab-guidelines>

<https://www.who.int/publications/i/item/WHO-2019-nCoV-clinical-2023.1>

Canadian Physiotherapy Association (CPA)

Guideline https://physiotherapy.ca/app/uploads/2022/08/long_covid_en-final-rev2.pdf

World Physiotherapy briefing paper https://world.physio/sites/default/files/2021-07/Briefing-Paper-9-Long-Covid-FINAL-English-2021_0.pdf

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Alberta Health Services guidance <https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-rehab-allied-health-practice-considerations-post-covid.pdf>

U.K. Defence Rehabilitation

statement <https://militaryhealth.bmj.com/content/early/2023/05/02/military-2023-002399> & https://twitter.com/ladlowpete/status/1654077722153426945?s=46&t=JGwrARRyi_hhXGrb8v4rmA

Long COVID Video Series <https://longcovid.physio/long-covid-video-series/safe-rehab>

There's lots of citations on our PESE page including multiple CPET studies in Long COVID <https://longcovid.physio/post-exertional-symptom-exacerbation>

World Health Organization - [Clinical management of COVID-19: Living guideline](#)

Long COVID Physio – Videos Series - <https://longcovid.physio/long-covid-video-series>

Safe Long COVID Rehabilitation - https://youtu.be/4pWZg_epDkg

Patient-Led Research Collaborative – [Resources for Researchers](#)

Safe Rehabilitation - World Physiotherapy COVID-19 Briefing Paper 9. Safe rehabilitation approaches for people living with Long COVID: physical activity and exercise. London, UK: World Physiotherapy, 2021.

<https://world.physio/sites/default/files/2021-06/Briefing-Paper-9-Long-Covid-FINAL-2021.pdf>

Canadian Cardiovascular Society - [Position Paper on POTS and Orthostatic Intolerance](#)

[Chief Science Officer of Canada's 2023 report](#)

Realize – recommendations on return to work - <https://www.realizecanada.org/wp-content/uploads/Recommendations-for-RtW-doc-final-4-3.pdf>