



## Recovering from COVID-19: A Patient Guide

*This guide was created by the Departments of Rehabilitation Medicine at Columbia University Irving Medical Center and Weill Cornell Medicine as part of the New York Presbyterian Hospital System and is being adopted and modified for use by Porter Hills Home Health Care.*

---

Within this packet of information, you will find information about recovering from COVID-19, the disease caused by the novel SARS-CoV-2 virus, also known as coronavirus.

The intent of this guide is to provide information on how to maximize your recovery from COVID-19 through improving your breathing muscles and the muscles in your arms and legs. Sleep and nutrition are also important.

We appreciate the opportunity to participate in your care and wish you the best in your recovery.

**If you have any questions,  
please contact us at 616.949.5140.**

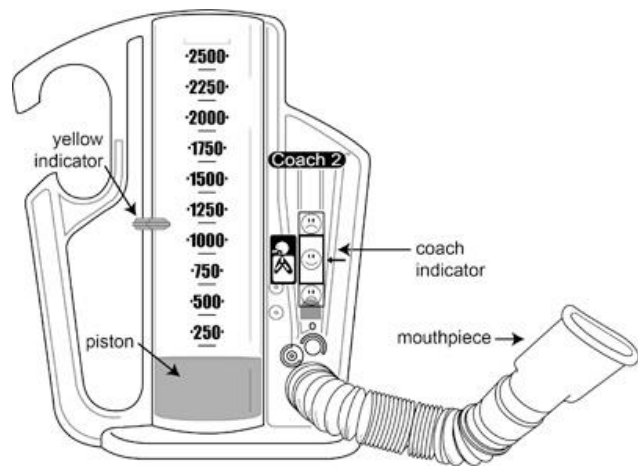
# Breathing Exercises

*The muscles that help you breathe need to be strengthened as you recover from your lung infection. These muscles include the diaphragm as well as the muscles in the chest wall.*

- You should have received an **incentive spirometer** when you were discharged from the hospital. This device helps to strengthen the breathing muscles and open up the airspaces in your lungs. It is designed to help you take long, slow, deep breaths, like natural sighing or yawning.
- You should use the incentive spirometer for 15 minutes throughout the day and can break this up into 3 sessions lasting 5 minutes each.
- A good video on the proper use of the incentive spirometer can be found here:
- <https://youtu.be/-O-Zawtb32o>

## How to use the incentive spirometer

- Sit upright in a chair or at the edge of your bed
- Hold the incentive spirometer in an upright position. Breathe out normally.
- Place the mouthpiece in your mouth and seal your lips **tightly** around it.
- **Breathe in slowly** and as deeply as possible. Notice the ball or piston rising toward the top of the column.
- Hold your breath as long as possible (at least for 5 seconds). Take the mouthpiece out of your mouth and exhale slowly and allow the piston to fall to the bottom of the column.
- **Rest for a few seconds** and repeat steps one to five at least 10 times.
- Position the indicator on the side of the spirometer to show your best effort. Use the indicator as a goal to work toward during each slow deep breath.
- After each set of 10 deep breaths, cough to be sure your lungs are clear.



# Mental Health

- Engage in regular communication for social purposes while in isolation.
- Use phones, video calls, or social media to engage with family and friends.
- You may have feelings of regret, resentment, loneliness, helplessness, and depression. Recognize that these are natural after what you have gone through, and you are not to blame.
- Eating a healthy diet, engaging in the exercises outlined in this packet, and getting good sleep will improve your outlook and feelings of wellbeing.
- Many people require emotional support in these circumstances. If you need to speak to someone immediately, call ***Michigan Stay Well Counseling*** via the COVID 19 Hotline at 1-888-535-6136. Press “8” to talk to a ***Michigan Stay Well*** counselor. OR contact the National Distress Helpline at 1-800-985-5950; you can also text the keyword TALKWITHUS to 66746. Both are available 24/7.
- Aim for at least 7 hours of sleep per night.
- Exercise during the daytime, which will help you feel more tired at night.
- Avoid caffeine after noon. Caffeine lasts in your body for many hours and affects your sleep long after last use.
- Avoid alcohol, as it reduces REM sleep and causes you to wake up at night to urinate.
- Avoid blue light exposure for at least 1 hour prior to bedtime by enabling night shift mode on your phone or laptop, turning off the TV.
- Consider meditating prior to bedtime with the help of guided meditation applications, such as Headspace or Calm. Allow your mind to come to rest.
- Aim to go to bed the same time each night and rise the same time each morning. Avoid spending any time awake in your bed during the day, and, if possible, avoid napping during the day.

## Preface to Exercise

**Pulmonary rehabilitation** is a program of exercises that helps you improve your shortness of breath, increase your exercise capacity, and improve quality of life. These exercises include breathing exercises to strengthen the muscles of your chest as you recover from your lung infection and muscle strengthening exercises which address the weakness and muscle loss that can occur after a lengthy hospital stay.

- Home-based exercise therapy can be just as effective as an in-person hospital based or outpatient program. We can help guide your progress with physician and physical therapist tele-monitoring using video visits.
- If you are unsure about your participation in exercise, speak with your physician. These exercises are meant to be performed alone, so do not proceed if you do not feel well enough to exercise.

**Walking.** During your recovery period, we encourage you to walk, even if at home, to improve your overall conditioning.

- ○ Week 1: 5 minutes, 5 times per day
- ○ Week 2: 10 minutes, 3 times per day
- ○ Week 3: 15 minutes, 2 times per day

**Positioning.** Spending many hours on your back can lead to deconditioning and other medical problems. We recommend sitting upright as much as you can during the day, walking around your space as tolerated, and changing positions regularly. Some patients have an easier time breathing on their stomachs with a pillow under their chest, which can open up different parts of the lungs.

### Monitoring.

**Option 1:** You may have a pulse oximeter at home with you. This will help monitor your heart rate and oxygen levels during activities and exercises.

*Check and log your heart rate and oxygen level before, during, and after exercises (an Exercise Log is provided for you at the end of this packet) to monitor how your body is responding to your exercises. If you can talk during exercise, you are most likely not over exerting. Normal oxygen saturation is 96-100% and it **should not go below 88% during exercise** . Stop exercising and rest if you see a drop in your oxygen saturation below 88%.*

## Preface to Exercise, cont'd.

**Option 2:** If you do not have a Pulse Oximeter, you may assess how you are responding to exercise by utilizing the Borg Rate of Perceived Exertion (RPE) scale. This will allow you to self-monitor how hard you are exercising. In the beginning, even simple things may feel very difficult, but this will help you monitor improvement and functional recovery as things improve. Check and log your RPE during exercise in the Exercise Log provided.

RPE SCALE		RATE OF PERCEIVED EXERTION	
10	/	<b>MAX EFFORT ACTIVITY</b>	Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
9	/	<b>VERY HARD ACTIVITY</b>	Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
7-8	/	<b>VIGOROUS ACTIVITY</b>	Borderline uncomfortable. Short of breath, can speak a sentence
4-6	/	<b>MODERATE ACTIVITY</b>	Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
2-3	/	<b>LIGHT ACTIVITY</b>	Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	/	<b>VERY LIGHT ACTIVITY</b>	Hardly any exertion, but more than sleeping, watching TV, etc

## Exercise Precautions

**BEGIN** this exercise program after you discharge from the hospital and have no fever.

**STOP** exercise immediately if you get chest pain, palpitations, exhaustion, dizziness, or lightheadedness. *Contact a physician promptly if these symptoms persist.*

**Keep** your mask on when exercising if there are others around you.

*Please refer to the YouTube links contained in the last page of this manual for further reference.*

## Exercise Program Instructions

### General Instructions

- The 8 exercises in each Phase are the same, but the amount of time you will spend exercising will increase as you progress.
- Perform all exercises with your Pulse Oximeter monitoring your oxygen level and heart rate. Your goal is to complete each exercise of each phase with your oxygen level never dropping below 88% - so check it often during the exercise program. Stop if it drops below 88% and contact your physician or physical therapist. Log your oxygen level and heart rate in the Exercise Log (on the last page of this packet).
- Perform all exercises with a phone nearby, or when someone else is in the home, in the event that you do not respond well and develop symptoms.
- Required equipment for this exercise program below includes:
  - Pulse oximeter
  - Incentive spirometer
  - Chair
  - A stabilizing surface to support your balance, such as a table, countertop, or dresser

*If you have any questions or concerns, please consult with a physician or physical therapist at any point – We are here for you!*

# Exercise Program Instructions, cont'd

## Phase 1:

- Complete each exercise and rest in-between each exercise.
- Perform this circuit of exercises from start to finish **one time** but repeat the circuit up to four times per day. As a suggestion, perform one set of exercises separated by a time period of 2-3 hours between each set, for a total of four times per day. Perform this for 7 consecutive days.

## Phase 2:

- Complete each exercise and rest in-between each exercise.
- Perform this circuit of exercises **two times**, up to 2 times per day. As a suggestion, perform one set of exercises in the morning and one in the afternoon, for a total of two times per day. Perform this for 3 consecutive days. **On the fourth day of this week, take a rest from the exercise program.**

## Phase 3:


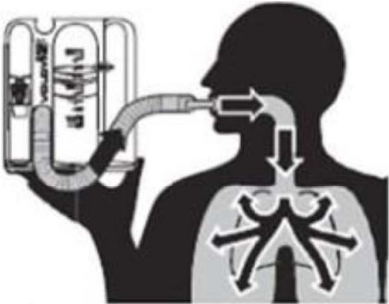

- Complete each exercise and rest in-between each exercise, as prescribed.
- Perform this circuit of exercises **three times** consecutively, up to 2 times per day. As a suggestion, perform one set of exercises in the morning and one in the afternoon. Perform this for 3 consecutive days.


## Phase 4:

- At the end of 2 weeks, you may proceed to performing the YouTube videos presented below:
  - Pulmonary Rehab, English: <https://youtu.be/PG3ThYK-bsE>
  - Pulmonary Rehab, Spanish: <https://youtu.be/exrZO6lxXmI>







## Exercise Program

Exercise	Instructions	How long	Diagram
<b>Diaphragmatic Breathing</b>	Lie on your back with your head on a pillow and a pillow under the knees, or your knees may be bent. Put one hand on your chest and one hand on your belly. Breathe deeply through your nose, allowing your chest and belly to expand, and out through your mouth. Perform for 1 minute. Then, rest for 30 seconds.	1 minute	7 
<b>Incentive Spirometer Exercise</b>	Sit as tall as you can, with your shoulder blades pinched back, and your chest out. Breathe out completely, then with an incentive spirometer, slowly breathe in to your maximum inhalation, and slowly breathe out. Perform for 1 minute. Then, rest for 30 seconds.	5 minutes	8 
<b>Sit to Stand Squats</b>	Start by scooting toward the front of the chair. Next, lean forward at your trunk, reach forward with your arms and rise to a standing position. Lower your arms as you stand up. Use your arms as a counter-balance by reaching forward when sitting down. Repetitively stand-up and sit-down for 30 seconds at a comfortable pace. Rest in a seated position for 30 seconds.	30 sec	9 

Exercise	Instructions	How long	Diagram
<b>Standing Marching</b>	While standing, draw up your knee with control, pause with your knee in the air for 2 seconds, then set it down and then alternate to your other side. Use one arm or both arms for support, if needed for balance and safety. Continue alternating each side continually for 30 sec. Rest in a seated position for 30 sec.	30 sec	10 



<b>Seated Arm Reaches</b>	<p>In a seated position, begin by positioning your arms like the picture on the left, with your thumbs next to your opposite front pockets. Bring your arms up and across your body, turning your palms towards your face while slightly arching your back. End with your thumbs pointing backwards. Return your arms to the starting position and repeat. Continue this movement for 30 seconds. Rest for 30 seconds.</p>	30 sec	<div data-bbox="1409 184 1435 210" data-label="Text">11</div> 
<b>Standing Heel Raises</b>	<p>While standing, raise up on your toes as you lift your heels off the ground as high as you can. Pause for 2 seconds. Lower your heels to the ground with control. Continually repeat this full motion, up and down for 30 seconds. Rest for 30 seconds.</p>	30 sec	<div data-bbox="1409 625 1435 651" data-label="Text">12</div> 
Exercise	Instructions	Dosage	Diagram
<b>Sidestepping</b>	<p>Stand straight. Take a lateral step to one side. Follow with your other leg. Maintain your balance. Maintain proper posture and breathing. Repeat for the length of your counter or dresser, or ~5 steps to one direction. Repeat going in the other direction. Continue sidestepping back and forth for 30 seconds total. Rest for 30 seconds.</p>	30 sec	<div data-bbox="1409 1102 1435 1127" data-label="Text">13</div> 
<b>Wall Pushups</b>	<p>Start with your hands on the wall and elbows and trunk straight. Slowly bend your elbows, lowering yourself towards the wall. Then slowly push away from the wall.</p> <p>Your hands should never be higher than the level of your shoulders. Repeat this exercise for 30 sec. Rest for 30 sec.</p>	30 sec	<div data-bbox="1409 1570 1435 1596" data-label="Text">14</div> 

***Congratulations! You did it!***  
***Rest & Stay Hydrated!***

**Additional Helpful YouTube Video Links**

*These videos provide additional general exercise suggestions that may be helpful for some patients. Please use discretion when performing these exercises on your own. Please do not proceed if you experience shortness of breath, chest pain, palpitations, exhaustion, or dizziness/lightheadedness, and consult with a physician or physical therapist for further guidance.*

- Upper Body, English: <https://youtu.be/o7uIS3B9pnY>
- Upper Body, Spanish: <https://youtu.be/eq1anDP2pZ0>
- Hand Exercises, English: <https://youtu.be/uZY3Y00awQw>
- Hand Exercises, Spanish: <https://youtu.be/XLdfsBv-vHs>
- Lower Body Exercise:
  - Intro: <https://youtu.be/aP7kB6W78Yw>
  - Supine Beginner: <https://youtu.be/FMgTN78Uf6E>
  - Supine Mid-level: [https://youtu.be/dFdsji\\_YPGU](https://youtu.be/dFdsji_YPGU)
  - Supine Advanced: <https://youtu.be/5GyFTphhA7Y>
  - Seated: <https://youtu.be/vcfHr0UrYR4>
- Breathing Exercises:
  - Incentive Spirometry: <https://youtu.be/ggbJLKrcx48>
  - Thumbing a ride (PNF): <https://youtu.be/NN3CGdOfEcl>
  - Huffing: <https://youtu.be/4ZdSgqUfRxY>
  - Focused breathing (pursed lip): <https://youtu.be/4JckzNccv90>
  - Diaphragmatic breathing: <https://youtu.be/WUumD29uvmg>
- Relaxation (Yoga/Tai Chi):
  - Tai Chi: <https://youtu.be/sx9li6V3LmY>

***References***

- 7 <https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>
- 8 <https://www.stonybrookmedicine.edu/patientcare/preoperative-services/general-wellness/incentive-spirometer-use>
- 9 [https://www.hep2go.com/exercise\\_editor.php?exId=154&userRef=iekcijdgcmg](https://www.hep2go.com/exercise_editor.php?exId=154&userRef=iekcijdgcmg)
- 10 [https://www.hep2go.com/exercise\\_editor.php?exId=7002&userRef=iekcijdgcmg](https://www.hep2go.com/exercise_editor.php?exId=7002&userRef=iekcijdgcmg)
- 11 [https://www.hep2go.com/exercise\\_editor.php?exId=38271&userRef=iekcijdgcmg](https://www.hep2go.com/exercise_editor.php?exId=38271&userRef=iekcijdgcmg)
- 13 [https://www.hep2go.com/exercise\\_editor.php?exId=45107&userRef=iekcijdgcmg](https://www.hep2go.com/exercise_editor.php?exId=45107&userRef=iekcijdgcmg)
- 14 [https://www.hep2go.com/exercise\\_editor.php?exId=13732&userRef=iekcijdgcmg](https://www.hep2go.com/exercise_editor.php?exId=13732&userRef=iekcijdgcmg)



# Exercise Log

Day	Oxygen Level Before	Heart Rate Before	Oxygen Level After	Heart Rate After
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11	REST DAY			
12				
13				
14				

# Vaccination Resources

## Kent County

Health Department website: <https://www.accesskent.com/Health/coronavirus.htm>

Phone number for registering for a vaccine: 616.326.6992

Website for Vaccinate West MI: <https://vaccinatewestmi.com/>

## Community partners for Vaccinate West MI

### Vaccinate West Michigan Collaborators

Kent County Health Department • Allegan Health Department • Barry-Eaton District Health Department • Berrien County Health Department • District Health Department #10 • Ionia County Health Department • Mid-Michigan District Health Department • Muskegon County – Public Health • Ottawa County Department of Public Health • Mercy Health • Metro Health – University of Michigan Health • Spectrum Health • Holland Hospital • Spectrum Health Lakeland • North Ottawa Community Hospital • Michigan Health & Hospital Association • Answer Health • Cherry Health • CVS Pharmacy • Kent County Emergency Medical Services • Meijer • SpartanNash • We Are For Children • Calvin University • Grand Valley State University • Michigan State University College of Human Medicine