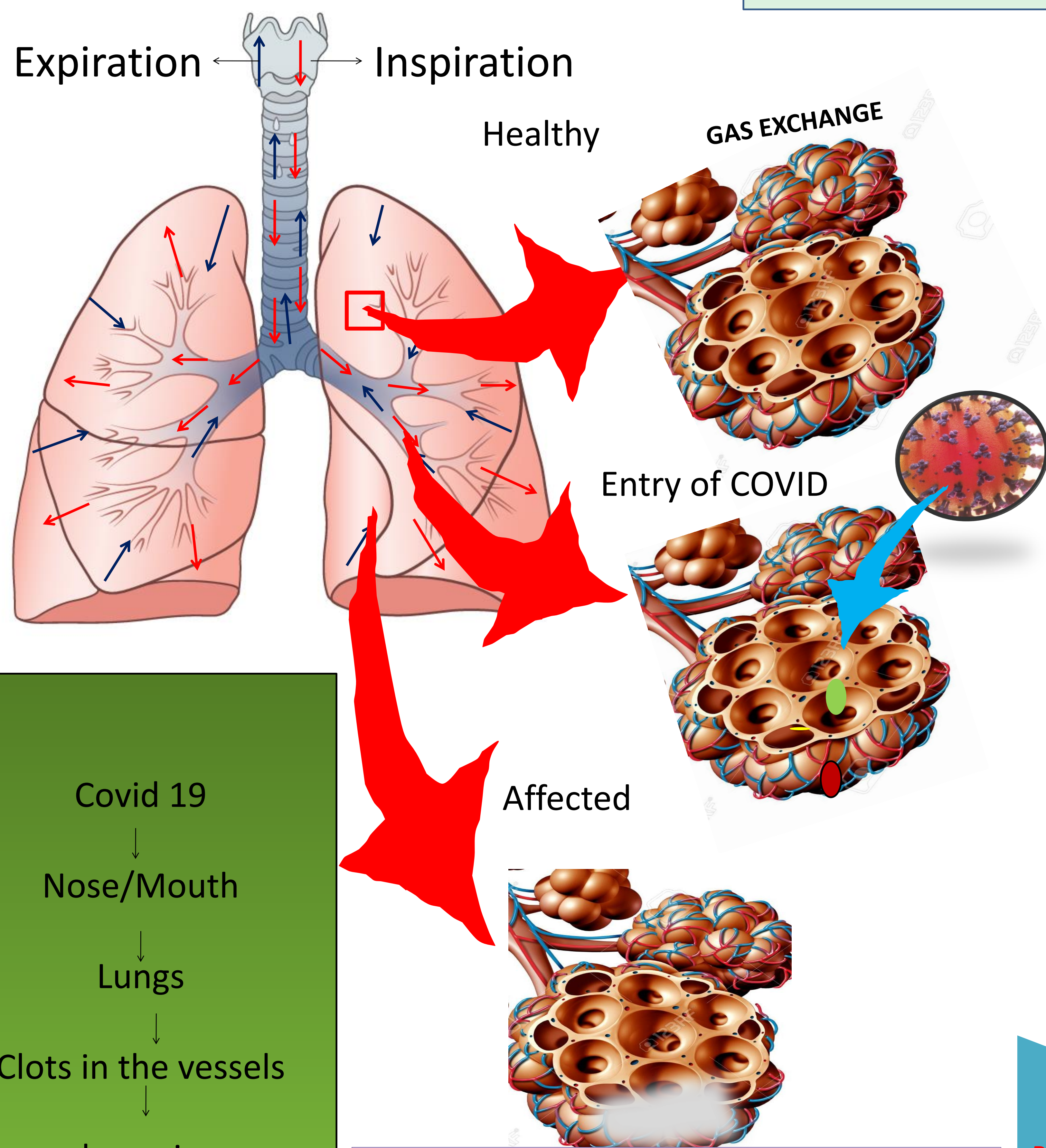




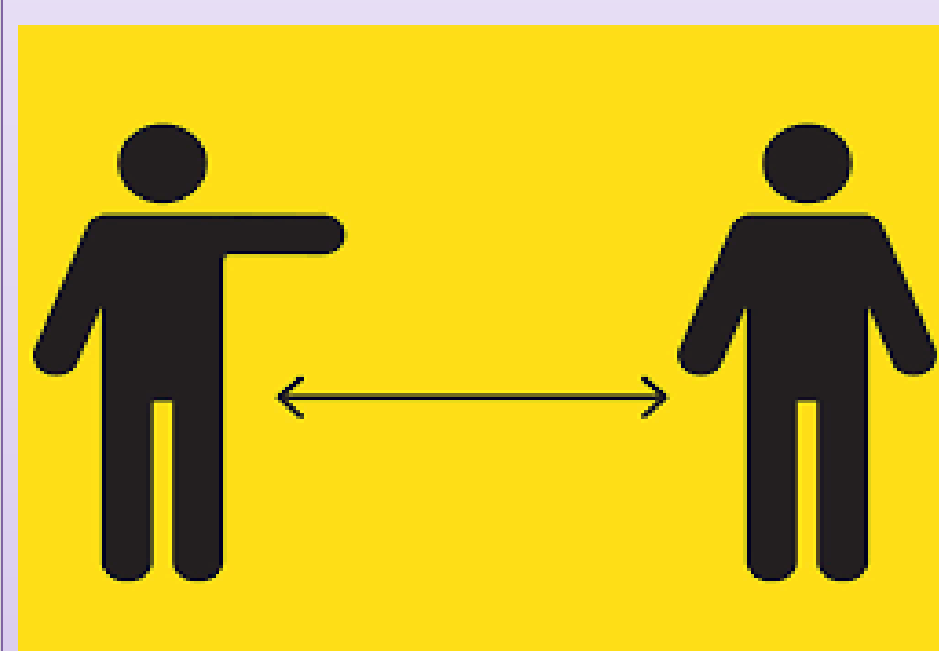
HOW COVID AFFECTS ?

SIMPLE ACTIVITIES TO IMPROVE LUNG CAPACITY DURING LOCK DOWN



Covid 19
 ↓
 Nose/Mouth
 ↓
 Lungs
 ↓
 Clots in the vessels
 ↓
 hypoxia
 ↓
 Impaired Gas exchange
 ↓
 Breathlessness, chest pain, fatigue, etc
 ↓
 Death
 (Immune system also plays a major role)

What to follow?



Play activities:

- Expiration:** Blowing paper, water, candle, cups, thermocol balls.
- Inspiration:** Sucking the paper through straw, keep the toy in child's abdomen ask him to see the toy by breath in slowly

Aerobic exercise including walking, cycling along with warm up & cool down exercise (mild stretching) for 20 min will improve lung capacity as well as depression

Incentive Spirometer
 Doing inspiration and expiration by asking the child to bring the ball up 20 times 2hrs once.

Chest mobility:

When Lift hands up, Breathe in & breathe out when hands down, Trunk bending with breathing, Trunk rotation with breathing

Strengthening exercises
OTHER ACTIITIES
 Yoga
 Pranayama
 swimming

Enrich your body with oxygen & positivity
 Stay home Stay safe

REFERENCES:
 1. Kai Liu, et al(2020); Respiratory rehabilitation in elderly patients with COVID-19 : a RCT; Complementary Therapies in Clinical practice 39.
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