

Research Article

Rehabilitation strategies and neurological consequences in patients with COVID-19: part II

Nilufer Cetisli-Korkmaz , Furkan Bilek , Tuba Can-Akman , Emre Baskan , Ilke Keser , Esra Dogru-Huzmeli , ...show all

Received 17 Sep 2020, Accepted 19 Mar 2021, Published online: 03 May 2021

Abstract

Background: The 2019 novel coronavirus disease (COVID-19) pandemic has triggered a devastating effect worldwide.

Objectives: This review of rehabilitation strategies and neurological consequences in patients with COVID-19 sought to consider potential neurorehabilitation strategies for managing the emerging neurological consequences of COVID-19.

Methods: An exploratory review was conducted that comprised a narrative synthesis in two parts. Part I focused on neurological consequences and physiotherapy and rehabilitation approaches. Part II focused on general principles of rehabilitation interventions and precautions that should be considered. Literature on the use of neurorehabilitation approaches was also included in the review.

Results: Rehabilitation should be initiated as quickly as possible. Neurorehabilitation protocols include public health training valid for the whole community and providing intensive care, pulmonary rehabilitation, mobilization, exercise and strengthening, whole-body vibration, neuromuscular electrical stimulation, telerehabilitation, and other rehabilitation interventions. Interventions should be conducted while correctly implementing personal protective equipment (PPE), hand hygiene, sterilization procedures, and other precautions to avoid the risk of contamination.

Conclusions: Multidimensional assessment should be followed by development of individualized and progressive treatment and neurorehabilitation plans. These plans should focus on existing potential and recovery of mobility and function in particular. It is important for rehabilitation teams to keep gathering and reporting data on patients with COVID-19 and the neurologic complications of COVID-19 during and after the pandemic.

Additional information

Notes on contributors



Nilufer Cetisli-Korkmaz

Nilufer Cetisli-Korkmaz, PT. PhD. Prof. She is experienced in neurological rehabilitation, geriatric rehabilitation, community-based rehabilitation, technology and electrophysical agents in physiotherapy and rehabilitation, and has publications in prestigious journals. E-mail: nkorkmaz@pau.edu.tr



Furkan Bilek

Furkan Bilek, PT. MSc. Lecturer. He continues his studies in the fields of neurological rehabilitation, geriatric rehabilitation and cardiopulmonary. His area of interest is physiotherapy and rehabilitation in multiple sclerosis. E-mail: fbilek@firat.edu.tr



Tuba Can-Akman

Tuba Can-Akman, PT. PhD. Lecturer. She is interested in adult neurological rehabilitation such as multiple sclerosis, polyneuropathy and burden of care. E-mail: tubacan@pau.edu.tr



Emre Baskan

Emre Baskan, PT. PhD. Lecturer. He is interested in neurological rehabilitation, geriatric rehabilitation and sports in individuals with disabilities. E-mail: ebaskan@pau.edu.tr



Ilke Keser

Ilke Keser, PT. PhD. Prof. Special interest areas are neurological rehabilitation, oncological rehabilitation, lymphedema rehabilitation and geriatric rehabilitation. E-mail: ilkekeser@gazi.edu.tr



Esra Dogru-Huzmeli

Esra Dogru-Huzmeli, PT. PhD. Assoc. Prof. She is working in patients with Parkinson's Disease, stroke and multiple sclerosis. Her last publications about effect of deep brain stimulation in Parkinson's Disease Patients. She has many publications in prestigious journals. E-mail: esradogru001@hotmail.com



Mehmet Duray

Mehmet Duray, PT. PhD. Lecturer. His special interests were neurological rehabilitation, geriatric rehabilitation, pain management, and pediatric rehabilitation. E-mail: mehmetduray@sdu.edu.tr



Bahar Aras

Bahar Aras, PT. PhD. Lecturer. She continues her studies as a teaching fellow in the fields of neurological rehabilitation and pediatric rehabilitation. E-mail: bahar.aras@ksbu.edu.tr



Buse Kilinc

Buse Kilinc, PT. Her research interests were physiotherapy and rehabilitation, neurological rehabilitation and diabetes mellitus. E-mail: buse.kilinc@karatay.edu.tr
