



Exercise Safely to Boost Covid Immunity



Covid-19 has changed the way we have been able to exercise. With gym closures, many people have taken up new exercises to lose weight and keep fit. Studies have shown that regular exercise boosts your immune system, which is particularly crucial in the fight against covid-19.

With many people turning to running and online exercise classes which they may not be used to, physiotherapists and osteopaths around the country have found a significant increase in exercise related injuries. The most common are inflammation or irritation of a tendon as a result of over-use or strain on a joint which causes pain and tenderness just outside the joint and lower back pain.

Reduced daily physical activity during lockdown has led to loss of fitness. Evidence shows that the capacity to perform aerobic activities is reduced after 2-4 weeks of inactivity, as the heart has less ability to push blood. To avoid injuries, it is fundamental to follow the right progressive path when returning to sport.

The best way to avoid injuries includes strength training and easing back into exercise slowly. Physiotherapists and Osteopaths can diagnose and provide hands-on treatment for any current injuries you may have, as well as advise you on a

safe return to sports, exercises and activities.

Your therapist should have easy access to diagnostic imaging if required as well as being able to offer treatment modalities such as ESWT and Laser therapy.

Increasingly they are working within a multidisciplinary team such as at RRMG to allow support from Consultants in Orthopaedic Medicine (Sports Doctors) should the injury not respond to treatment. ■



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