

Recovery from Coronavirus (Covid-19)

A website offering advice and information to help you take control of your recovery

<https://www.nhsggc.org.uk/your-health/health-services/allied-health-professionals-ahps/physiotherapy/>



Lots of advice and information to help you recover from the virus including:

- **How to increase your physical activity**
- **How to help you manage breathlessness**
- **How to help you manage your fatigue**

Website designed by NHSGGC Physiotherapists and Occupational Therapists