

Abstract

Background

Physiotherapy represents a valuable intervention applied to COVID-19 patients suffering from respiratory symptoms.

Objective

To assess the effectiveness of physiotherapeutic modalities on pulmonary function, physical function, and psychosocial effect of patients diagnosed with COVID-19.

Methods

A comprehensive systematic literature search of CINAHL, PubMed, Embase, Cochrane library, and Scopus was done to retrieve potential peer-reviewed articles that assessed the effectiveness of physiotherapeutic modalities on pulmonary function, physical function, and psychosocial effect of patients diagnosed with COVID-19.

Results

Of the 1093 potential articles assessed, 9 met the inclusion criteria. The results demonstrated that respiratory rehabilitation improves respiratory function, exercise capacity, and quality of life in patients diagnosed with COVID-19.

Conclusion

Respiratory rehabilitation and telerehabilitation programs are effective in improving the functional capacity, quality of life, and respiratory function of patients diagnosed with COVID-19.

Keywords: physiotherapeutic procedures; telerehabilitation; functional capacity; dyspnea capacity; pulmonary function.

