

New Rehabilitation Challenge During Ongoing Pandemic

Over last nine months all of us are facing most difficult challenges throughout the world due to COVID 19 infection. At the beginning of new year, everything was unknown and scary. Slowly we have learned about the disease course and complications. Still there is lack of consensus about the management strategy of this new infection. Subsequently, roles of Rehabilitation Medicine have been emerged due to different complications of COVID 19.

Significant numbers of COVID patients are suffering from post-infective reactive arthritis or myalgia for several months. Hence, Pain Management is becoming an important issue after infection. Fair percentage of patients are also suffering from different types of Neurological complications starting from stroke to peripheral neuropathy. Hence, there is tremendous scope of Neuro-Rehabilitation for this group of patients' improvement.

Not only that, but also Pulmonary complications like Restrictive lung diseases, Pulmonary Embolism etc. are very common in current scenario. Apart from pulmonary complications, fair number of patients also suffering from Myocarditis, Pericarditis. That's why most of the patients require post-infective Cardio-Pulmonary Rehabilitation program to normalize their daily lifestyle. On the top of that, lack of endurance is becoming the big issue for most of the patients. That's why role of energy conservation technique and other modifications by the occupational therapists are important component of Rehabilitation management.

Last but not the least, significant percentage of COVID infected persons are suffering from different types of cognitive impairment and mood disorder. Hence, scope of Cognitive Rehabilitation along with antidepressants, anxiolytics, antipsychotics are increasing day by day.

To conclude, new chapter of Rehabilitation has been emerged due to this pandemic. We are in the learning curve of this new chapter of Rehabilitation.

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