

Recovery after an illness or preventative confinement

Convalescence is a gradual recovery period after suffering from an illness, accident or a surgery. You need to have patience and follow recommendations from medical professionals.

If you have suffered a major illness or have had a preventative at-home confinement, your functional capacity has been affected. This is due to the illness itself and by muscle loss, which is caused by a decrease in physical activity. Strength and balance are diminished, which increases the risk of falls and injuries.

If you have been hospitalized for a serious illness or a prolonged period, the effects are even more severe. The state of your body prior to the illness also **impacts these effects**. The situation is worsened if your lung function has been affected.



Psychological and even cognitive effects can also appear in some patients.

To regain a good physical condition...

1. Maintain **healthy habits**. Drink enough water, adjust your diet to your new situation and avoid toxic products.
2. Keep **routines**: a time to rest, hygiene and mealtimes. During the day, find a balance between periods of rest and activity. Adapt to the illnesses rhythm and be active without becoming excessively tired.
3. **Avoid falls**: wear close toed shoes, outdoors as well as indoors, and remove rugs, cables, furniture and other items that could cause a fall.
4. **Do daily exercise**, to the extent possible. Click here for a video with exercises for youth and here for one with exercises for seniors:
 - Sitting in a chair, move your **feet** by raising and lowering your toes, and by making circles or imaginary figures in the air. Move

your **arms** in different directions and your **trunk** forward, backward and to the sides.

- **Walking** is an exercise that will help to recover faster. Walk daily, and if possible, for 5 minutes every hour.

- **Sit down and get up** from a chair and **go up and down** the stairs.

- **Balance** on one foot and then the other (in a safe place where you can support yourself easily if you lose your balance).

- **Do push-ups against the wall**: put your feet in front of the wall, then, with your feet slightly apart from the wall, place your hands on it bending at the elbows. Then push on the wall until your elbows are fully extended. At the same time, you can also raise and lower your heels.

- Listening to music and **dancing** can also help you physically and mentally.

- If you have some **gym equipment** at home, like elastic bands, a stationary bicycle, treadmill, steps or weights, it is a good time to use them.

Respiratory recovery

If your lung capacity has diminished due to the illness, [daily respiratory exercises](#) will help to regain it again, also it will help to get rid of any lung secretions.

Mood

Due to the physical weakness, isolation, fear of being sick again, economic instability, additional [grief](#), etc., after an illness you could be in a discouragement state that needs to be treated. Finding serenity, do things to [cheer yourself up](#), [relax](#), practice [mindfulness](#), etc.

Physical recovery and returning to an active lifestyle will help to improve your mood. Support from family and friends can be very important. In serious cases please consult health professionals.