



Exercise References LC

Rights Removed - This document is open to Free Distribution - anyone with or caring for someone with PEM, ME, Long Covid can replicate, copy and paste without reference any part of this document to help them with a complaint, negotiation of care. etc


Rights Remain - Any org/charity who wishes to use this please ask for permission or cite source.

To EDIT please copy & paste into a new document.

Ctrl A > Ctrl C > Ctrl V

Davis, Hannah E., Gina S. Assaf, Lisa McCorkell, Hannah Wei, Ryan J. Low, Yochai Re'em, Signe Redfield, Jared P. Austin, and Athena Akrami. "Characterizing Long COVID in an International Cohort: 7 Months of Symptoms and Their Impact." *eClinicalMedicine* 38 (August 1, 2021). <https://doi.org/10.1016/j.eclinm.2021.101019>.

Health Research Authority. "CISCO-21 - Treat and Prevent Long COVID." Accessed June 3, 2022. <https://www.hra.nhs.uk/planning-and-improving-research/application-summaries/research-summaries/cisco-21-treat-and-prevent-long-covid/>.

Long Covid Advocacy  [@LongCovidAdvoc]. "In Process of Drafting a Complaint for the CISCO21 #LongCovid Exercise Study. Looking for Anecdotal Quotes on How Doing Exercise & Activity Makes You Feel & What Symptom Exacerbation There Is If You Have #LongCovid Please Comment below with a Quote If You Would like to Help 🙏." Tweet. *Twitter*, May 4, 2022. <https://twitter.com/LongCovidAdvoc/status/1521804866959642626>.

"MAGICapp - Making GRADE the Irresistible Choice - Guidelines and Evidence Summaries." Accessed November 22, 2022. <https://app.magicapp.org/#/guideline/6471>.

Mancini, Donna M., Danielle L. Brunjes, Anuradha Lala, Maria Giovanna Trivieri, Johanna P. Contreras, and Benjamin H. Natelson. "Use of Cardiopulmonary Stress Testing for Patients With Unexplained Dyspnea Post-Coronavirus Disease." *JACC. Heart Failure* 9, no. 12 (December 2021): 927–37. <https://doi.org/10.1016/j.jchf.2021.10.002>.

Prasannan, Nithya, Melissa Heightman, Toby Hillman, Emma Wall, Robert Bell, Anna Kessler, Lucy Neave, et al. "Impaired Exercise Capacity in Post-COVID Syndrome: The Role of VWF-ADAMTS13 Axis." *Blood Advances*, May 11, 2022, bloodadvances.2021006944. <https://doi.org/10.1182/bloodadvances.2021006944>.

Singh, Inderjit, Phillip Joseph, Paul M. Heerdt, Marjorie Cullinan, Denyse D. Lutchmansingh, Mridu Gulati, Jennifer D. Possick, David M. Systrom, and Aaron B. Waxman. "Persistent Exertional Intolerance After COVID-19: Insights From Invasive Cardiopulmonary Exercise Testing." *Chest* 161, no. 1 (January 2022): 54–63. <https://doi.org/10.1016/j.chest.2021.08.010>.



Exercise References LC

Treat Long Covid [@TreatLongCovid]. "Horror Stories from the #LongCovid Rehab! Max, 27 Years Old Symptoms: Fatigue, PEM, Sleep Disorders, Brain Fog ... Therapy: Swimming and Long Walks Result: Bedridden and No Longer Able to Use His Smartphone. #LongCovid #MECFS." Tweet. *Twitter*, May 16, 2022. <https://twitter.com/TreatLongCovid/status/1526195990503514117>.

"Trial By Error: Now a Scottish Long Covid Study Fails to Mention the Risk of Post-Exertional Malaise." Accessed June 23, 2022. <https://www.virology.ws/2022/04/23/trial-by-error-now-a-scottish-long-covid-study-fails-to-mention-the-risk-of-post-exertional-malaise/>.

Wood, Jamie, Laura Tabacof, Jenna Tosto-Mancuso, Dayna McCarthy, Amy Kontorovich, and David Putrino. "Levels of End-Tidal Carbon Dioxide Are Low despite Normal Respiratory Rate in Individuals with Long COVID." *Journal of Breath Research* 16, no. 1 (2021): 017101.

Wright, Jack, Sarah L. Astill, and Manoj Sivan. "The Relationship between Physical Activity and Long COVID: A Cross-Sectional Study." *International Journal of Environmental Research and Public Health* 19, no. 9 (January 2022): 5093. <https://doi.org/10.3390/ijerph19095093>.