



MOVING FORWARD WITH COVID-19

KINESIOLOGY GUIDELINES

for maintaining optimal health

KINESIOLOGISTS: CANADA'S HEALTHCARE FUTURE
Prevention | Performance | Rehabilitation



Returning to an active lifestyle after either having COVID-19 or being restricted from exercising can be challenging for some.

The Canadian Kinesiology Alliance (CKA / ACK), in collaboration with practising Kinesiologists, has created guidelines to provide support for those undergoing recovery and/or resuming a regular healthy, active lifestyle. Kinesiologists are human movement experts who provide scientific advice and physical activity treatments that improve recovery, health and well-being, through all phases of life.

The CKA / ACK wishes to raise awareness of kinesiology as a solution for long haulers, seniors and others of all ages as they recover from the impact of COVID-19 on their health and well-being.

These guidelines focus on six fields of expertise: cognitive capacities, ergonomics, cardiorespiratory health, functional abilities, weight gain and obesity, and safe return to sport. It is meant to be used as key advice to Canadians and to clients of Kinesiologists and other health professionals.

CONTENTS

Introduction	2
Acknowledgements	3
How to Use This Document	3
Kinesiology Guidelines for Maintaining Optimal Health	4
1. Cognitive Capacities	
2. Ergonomic	
3. Cardiorespiratory Health	
4 Functional Abilities	
5. Weight Gain and Obesity	
6. Safe Return to Sport	
Health and Well-being with Kinesiologists	10
Conclusion	10

This is a living document. As the situation evolves and health policy recommendations change, this document will be updated as soon as feasibly possible so that the guidelines represent the current place and time of our circumstances. Information in this resource has been collated from various sources. The main purpose is to present useful information on subjects related to kinesiology. The CKA / ACK will not be held responsible for any consequences or damages that may occur as a result of the use, misuse, misinterpretation or abuse of the information shared. We emphasize that the aim is to offer guidance. Anyone needing help interpreting the provided information should seek the advice of the proper specialist.

INTRODUCTION

The confinement restrictions of the COVID-19 pandemic have significantly changed our lifestyles in terms of reduced daily active living and exercise. Canadians face many challenges as a result of the impact of COVID-19: working from home in settings with poor ergonomics; dealing with the effects of increased stress and anxiety on cognitive well-being and mental health; losing the ability to perform regular daily tasks; gaining weight from the inability to exercise or play sports while being more sedentary.

Welcome to the Kinesiology Guidelines for Maintaining Optimal Health, practical information for those undergoing recovery and/or resuming a regular healthy, active lifestyle.

COVID-19 restrictions are gradually being lifted, but we will not simply be able to return to our previous lives. Canadians will need to take steps to ensure a safe return to their former active lifestyles and physical activity programs, whether or not they had COVID-19. Some people (e.g., COVID long haulers and seniors) will need help returning to activities of daily living.

Kinesiologists are the solution. Kinesiologists are human movement experts who provide scientific advice and physical activity treatments that improve recovery, health and well-being, through all phases of life.

The CKA / ACK wishes to raise awareness of kinesiology as a solution for Canadians recovering from the impact of COVID-19 on their health and well-being. Although Kinesiologists are educated in many areas of practice, these guidelines focus on six fields of expertise: cognitive capacities, ergonomics, cardiorespiratory health, functional abilities, weight gain and obesity, and safe return to sport. It is meant to be used as key advice to Canadians and to clients of Kinesiologists and other health professionals.

This document demonstrates how Canadians – with the help of Kinesiologists – can safely and effectively return to a healthy lifestyle. The practical advice can be used as restrictions are lifted and after the pandemic. The guidelines recognize the expertise and leadership of Kinesiologists nationally and provincially in finding solutions for health and well-being. Physical activity is a foundation for a healthy lifestyle as we all strive to move better and live better.

ACKNOWLEDGEMENTS

The CKA / ACK would like to acknowledge the contribution of the lead practitioners involved in developing the Post-COVID-19 Kinesiology Guidelines. We recognize the devotion, time and expertise that went into creating the comprehensive flow charts. Thank you to:

- **Anthony Kehrig, SK**
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Many thanks go to the CKA / ACK's valuable partners – the provincial kinesiology associations – for their significant contributions and support throughout the process. Finally, within all phases of this work, the CKA / ACK would like to thank all who participated and contributed to this document through different means, as well as our partners and sponsors for their contributions and commitment to the successful advancement of kinesiology in Canada.

HOW TO USE THIS DOCUMENT

The intent of this document is to assist with decision-making and strengthen your ability to undergo a meaningful, safe and engaging return to an active lifestyle – in order to improve health and quality of life – as the COVID-19 restrictions are lifted.

Local regulations must be taken into consideration. Since reopening is provincially/territorially managed, please adapt the guidelines accordingly and rely on the expertise of local Kinesiologists and provincial kinesiology associations, who are committed to supporting health and well-being for all.

The six flow charts cover issues that studies indicate people are struggling with, whether or not they contracted the COVID-19 virus. Kinesiologists can also help with other issues because their scope of practice is broad.

As university-educated health professionals, Kinesiologists apply exercise and movement science to promote health and well-being; prevent, manage and rehabilitate injuries; treat illness and chronic disease; restore function; and optimize human performance in the workplace, clinical settings, sport and fitness. Kinesiologists are the only human movement specialists who use science and research to offer movement as medicine to any person with a health or fitness goal who want a hands-on, personalized approach. Kinesiologists work with people of all ages and physical abilities, in many settings, to help them achieve their health and wellness goals. They improve quality of life, often using interventions that include physical activity.

Visit: cka.ca/en/find-a-kin

MOVING FORWARD WITH COVID-19 KINESIOLOGY GUIDELINES

In the following pages, you will find the guidelines focus on six fields of expertise: cognitive capacities, ergonomics, cardiorespiratory health, functional abilities, weight gain and obesity, and safe return to sport. It is meant to be used as key advice to Canadians and to clients of Kinesiologists and other health professionals.

BUILD YOUR BEST BRAIN!

Cognitive Capacities

We exercise our bodies and work on our mental health, but the key link between them is the brain, or cognitive health. Physical, chemical, biological, psychological or neurological injury can impair cognitive capacity, as can inactivity. Cognitive skills may be lost or altered as a result of trauma or illness such as COVID-19. Kinesiologists can help you build cognitive capacity to ensure you are able to cope with normal life stresses and participate more fully in work and leisure.



HOW A KINESIOLOGIST CAN HELP

Your Kinesiologist's training and education encompass physical, cognitive and mental health, leaving them uniquely placed to understand how these domains of health fit together to create the best, healthiest you.

Their approach to cognitive health challenges is a combination of mental and physical exercises with supports for psychological issues. They understand not only what is needed for musculoskeletal recovery and improvement but also neuroplasticity and brain exercise for improving cognitive function.

Kinesiologists are human movement specialists who provide scientific advice and physical activity treatments that improve recovery, health and well-being, through all phases of life. Working with a Kinesiologist gives you a better chance of completing treatment and resuming your normal life and training, while reducing your chances of injury.

ASSESSMENTS

Kinesiologists will conduct an interview to identify difficulties with cognitive abilities. An evaluation of cognitive capacity is essential for guiding rehabilitation interventions, daily living needs and work direction. This can be done as:

- Evaluation of cognitive capacities
- Screening or in-depth assessment
- Interview of family, friends and co-workers

TESTS AND REFERRALS

- Underlying diagnosis of a brain or neurological injury
- Mental health condition
- Alternative health condition or illness that has caused cognitive issues
- Treatment (chemotherapy) that has affected cognitive ability

Kinesiologists will request this information or refer for diagnosis if needed to the proper health care provider.

COURSE OF TREATMENT

- Setting realistic, achievable goals related to real-world tasks.
- Provide activities, modifications and aids to help you overcome your challenges.
- Education about your condition and what brain changes and challenges you can expect during the program.
- Teaching strategies to help you compensate for memory, attention and other cognitive deficits.

Cognitive therapy will help you recover brain pathways, while performing everyday life activities will retrain and improve daily living skills.

PARALLEL TREATMENT



MOVING FORWARD WITH COVID-19

KINESIOLOGY GUIDELINES FOR MAINTAINING OPTIMAL HEALTH

SUPPORTED BY Kinesiologists

With a kin, you can

TREATMENT BY A KINESIOLOGIST



SELF-TREATMENT

You will be given a personalized program to follow as you continue your rehabilitation at home. For example:

- Participating in cognitive exercises and games
- Participating in physical activity
- Implementing recommended changes
- Documenting progress between visits with your Kinesiologist

ADDITIONAL TREATMENT/ASSESSMENT

Additional in-home assessments and interventions, cognitive personal digital assistants or ergonomic assessments may be prescribed.

PROBLEMS		
PHYSICAL	NEUROLOGICAL	PSYCHOLOGICAL
- Occupational therapist - Physical therapist	- Neuropsychological assessment and treatment - Sleep evaluation	- Psychiatrist - Psychologist - Counsellor or social worker

PROGRESSION

When you feel you are no longer working as hard, your Kinesiologist will adjust your program in intensity, volume and type of activity. The screening assessment should be re-administered periodically to determine progress, to review goals and to reset as needed.

- Is the intensity right?
 - Are you responding as expected?
 - Any side effects, pain or concerns?
 - Any adaptations required?
 - What additional resources are available to modify your program
- Your Kinesiologist will determine if risks have been removed or reduced and ensure no additional risks have been created as a result of the interventions.

CONCLUSION

- Are you seeing improvements in your condition?
- Are you able to perform your activities of daily living with ease and comfort?
- Do you want to continue with your treatment?

Consult your Kinesiologist on a regular basis – progression is key to being motivated, and a personalized plan requires adjustments as you improve to help you reach your goals. As movement specialists, Kinesiologists are part of the post-COVID-19 solution for regaining a healthy, active lifestyle.

KINESIOLOGY

Prevention | Performance | Rehabilitation

Kinesiologists are devoted to helping their clients improve their performance, health and quality of life. Being able to resume sports and activities safely can decrease the risk of chronic diseases, mental health issues and acute injuries while increasing performance and abilities.

Many insurance plans cover the cost of kinesiology services – ask your employer about including kinesiology in your health benefit plan.

SAFETY MEASURES

It's important to pace yourself and get adequate rest. Exercise is often fatiguing. Further to getting approval from your physician, keep them informed about your progression. Tell your Kinesiologist of any discomfort while performing your physical activity program. If you feel pain or discomfort while performing exercises at home, stop immediately, check the exercise instructions and technique, and restart the exercise. If an exercise proves too challenging, ask your Kinesiologist to modify it appropriately to help you advance.

To find a kinesiologist near you: cka.ca

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ARE YOU ALL CROOKED?

Ergonomics

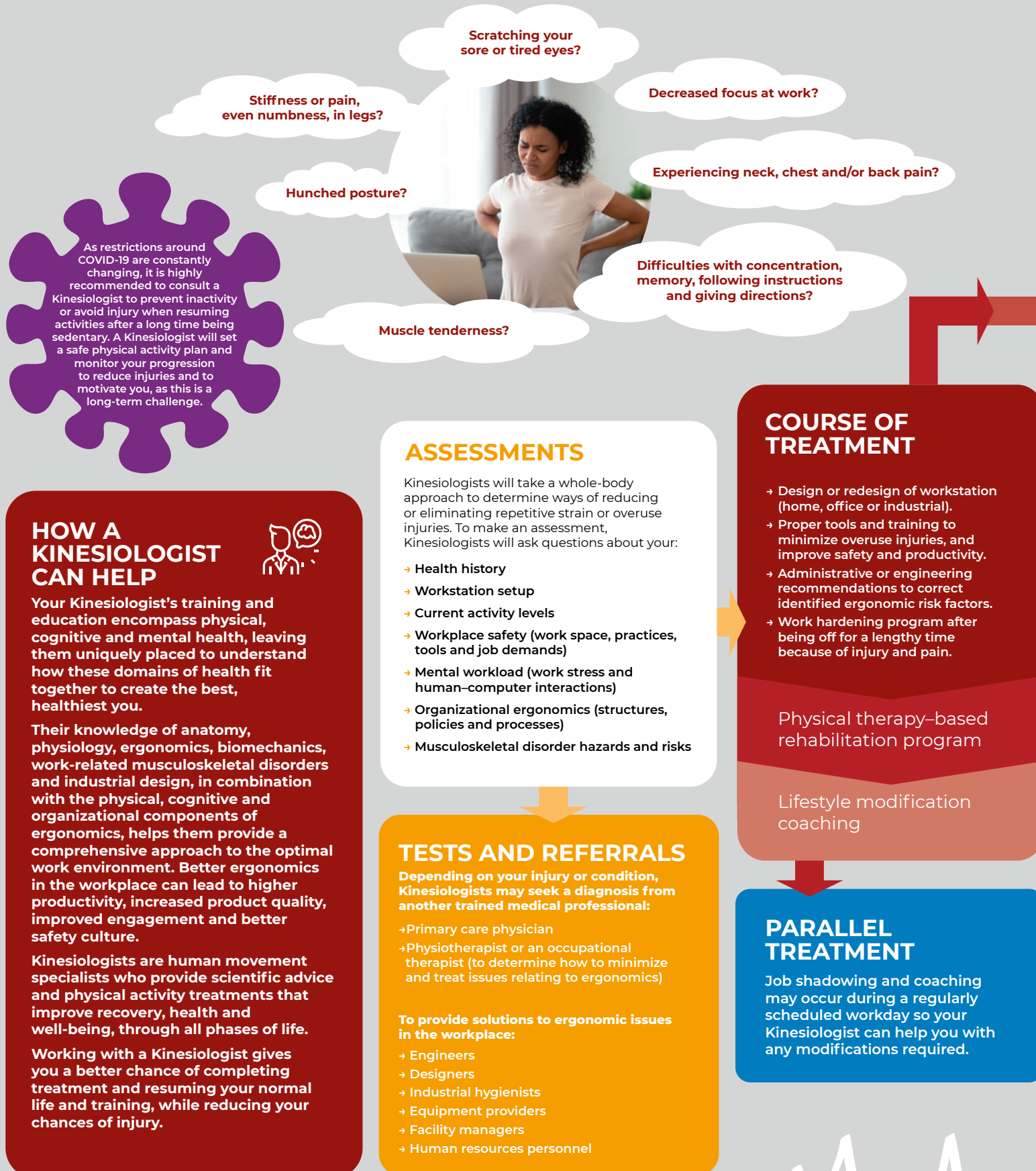
The pandemic has caused many workstation challenges over the last year including greater sedentary time. Many people are working from less than ideal workstations, leading to poor posture, increased pain and decreased focus. Kinesiologists along with other health professionals can help you improve your posture at work, incorporate active breaks and even return to work safely.



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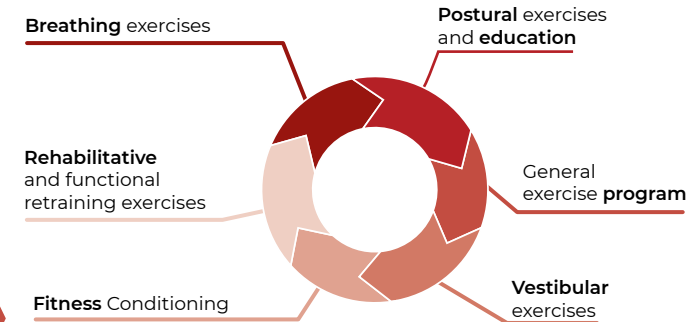
SUPPORTED BY
Kinesiologists

With a kin, you can



TREATMENT BY A KINESIOLOGIST

Your Kinesiologist will guide you through a series of treatments tailored to your personal capabilities for improved work performance, development and return-to-work implementation



SELF-TREATMENT

You will be given a personalized program to follow as you continue your rehabilitation at home. Home programs can include:

- Performing exercises
- Correcting posture/movements during activities of daily living
- Implementing recommended changes
- Documenting progress between visits with your Kinesiologist

ADDITIONAL TREATMENT/ASSESSMENT

Kinesiologists will work with your organization to optimize the socio-technical systems in order to decrease fatigue, frustration and injuries within a workplace setting.

- Cognitive and organizational ergonomics
- Aids or alternative work organization to reduce cognitive demands
- Reducing environmental stressors that cause cognitive challenges such as noise, light and distractions
- Training relating to human-system design to reduce work stress and mental workload, and to increase decision-making requirements

PROGRESSION

When you feel you are no longer working as hard, your Kinesiologist will adjust your program in intensity, volume and type of activity. The screening assessment should be re-administered periodically to determine progress, to review goals and to reset as needed.

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TIME TO TAKE A BREATH AND MOVE TO YOUR HEARTBEAT!

Your Cardiorespiratory Health



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Improving your cardiorespiratory fitness or “endurance” can help you take control and improve your lifespan and quality of life. Increasing physical activity and reducing sedentary behaviour can improve your endurance and help you prevent or manage chronic diseases such as heart disease and lung conditions such as COPD. Kinesiologists can help you find safe ways to move, be active or exercise to preserve your heart health and focus on what matters to you.

Shortness of breath?

Fatigue?

Coughing?

Chest pain in your daily activities or while exercising?

Dizziness or light-headedness when you rise too quickly?

Trouble breathing?

Mucus buildup?

ASSESSMENTS

Kinesiologists will ask questions about any recent changes or concerns with your health status, such as:

- New symptoms, medications or diagnoses/tests.
- Any symptoms related to a past COVID-19 diagnosis.
- Current level of activity and sedentary behaviour.
- Motivation, and history of activity and exercise.
- How your typical day looks like.
- Any opportunities to make changes related to active living or reducing sedentary behaviour.

Kinesiologists will perform appropriate assessments such as body composition, muscular strength, muscular endurance, aerobic endurance, flexibility and balance.

TESTS AND REFERRALS

Kinesiologists may need to access your medical information or require more data for:

Blood work | Medical tests | Referrals

Consider consultations with other health care professionals:

- Family physician
- Occupational therapist
- Physiotherapist
- Dietitian
- Athletic therapist
- Nurse practitioner
- Pharmacist
- Specialist MDs (cardiologists, etc.)

COURSE OF TREATMENT

Kinesiologists determine the best choice of treatment, setting objectives to gain the most benefits.

After identifying your concerns, limitations, barriers, goals and health status, your Kinesiologist will develop a plan of action for treatment and a potential timeline involving you and other health care professionals.

Expected treatment modalities will be provided in a multidisciplinary approach, using all resources available to you in your work, community and province.

PARALLEL TREATMENT

Working on your physical fitness will improve your mental, emotional, spiritual and other aspects of health and wellness

- Better attitudes towards aging
- Increased confidence towards health behaviour change and physical activity
- Increased self-efficacy and motivation
- Raised awareness of health resources

TREATMENT BY A KINESIOLOGIST

Your Kinesiologist will guide you through a series of exercises tailored to your personal capabilities such as:

Balance exercises (supported or unsupported, static or dynamic movements, stable or unstable surfaces)



General exercise program



Strength exercises (banded exercises, low-impact activities, seated strength exercises)



Cardiorespiratory training (aerobics on a recumbent bike, assisted walking, arm ergometry)



PROGRESSION

When you feel you are no longer working as hard, your Kinesiologist will adjust your program in intensity, volume and type of activity. The screening assessment should be re-administered periodically to determine progress, to review goals and to reset as needed. Your Kinesiologist will reassess your posture, movement, joint range of motion and muscle strength to re-evaluate the effectiveness of the treatment, rehabilitation and exercises. The exercise review and progression should be done as improvements are seen.

- Is the intensity right?
- Are you responding as expected?
- Any side effects, pain or concerns?
- Any adaptations required?
- What additional resources are available to modify your program

Your Kinesiologist will determine if risks have been removed or reduced and ensure no additional risks have been created as a result of the interventions.

CONCLUSION

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SELF-TREATMENT

You will be given a personalized program to follow as you continue your rehabilitation at home. You will:

- Implement recommended changes
- Document progress between visits with your Kinesiologist

ADDITIONAL TREATMENT/ASSESSMENT

- Dietary guidance (registered dietitian or nutritionist)
- Manual **massage** (massage therapist or athletic therapist)
- **Prescription** and medical management (physician, physician assistant, nurse practitioner, pharmacist)
- **Occupational** help and resources (occupational therapist)
- **Exercise** therapy (Kinesiologist, certified exercise physiologist, athletic therapist, physiotherapist)
- **Speech** therapy and ability to **eat** safely (speech language pathologist)
- Improved **respiratory** function (respiratory therapist)

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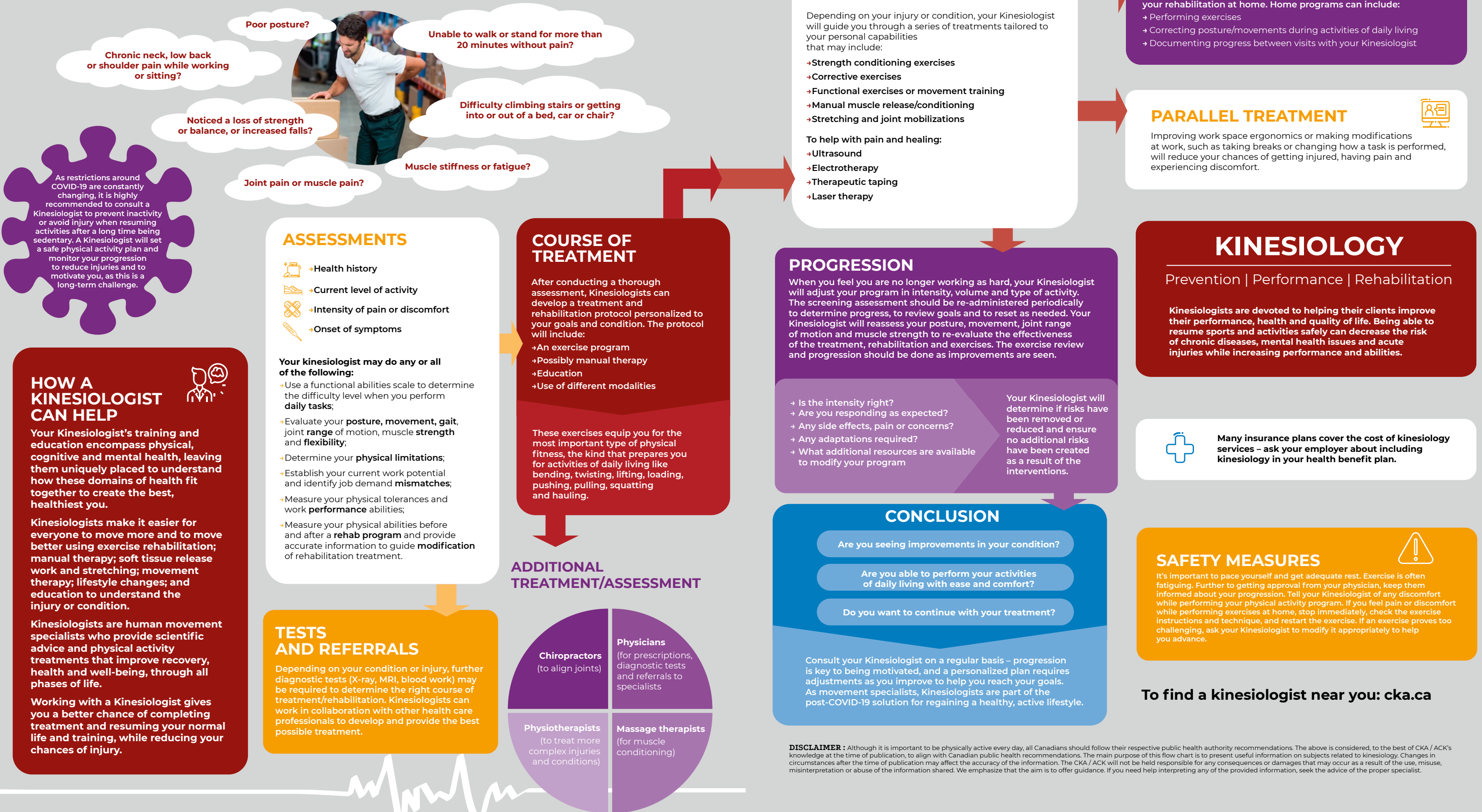
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YES, YOU CAN DO THAT AGAIN!

Functional Abilities

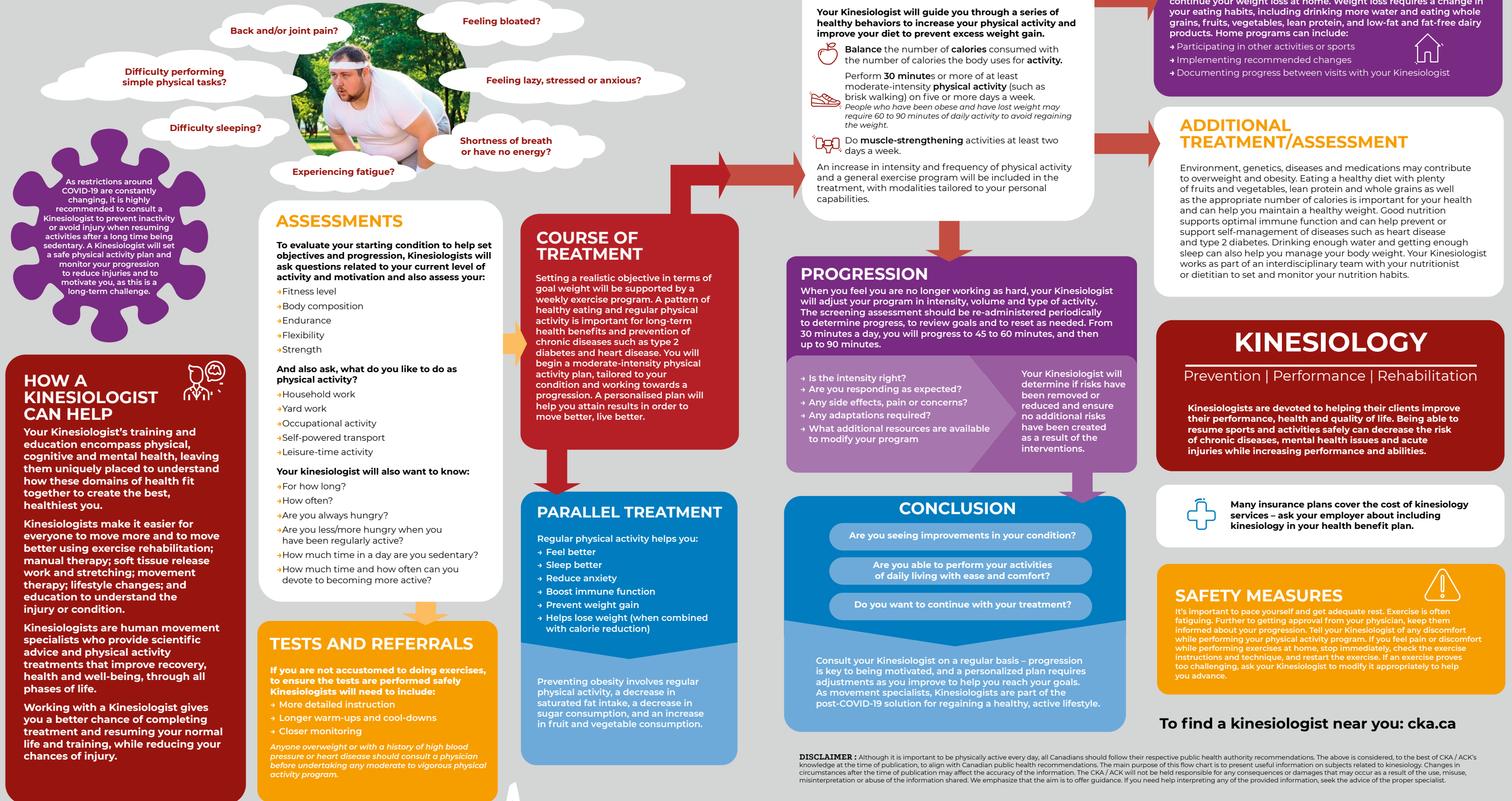
Difficulties walking, lifting grocery bags, climbing stairs, cooking, bathing and getting into and out of a car, bed or chair can be caused by faulty movement patterns and posture; stress on muscles and joints; and reduced mobility, all of which can increase the risk for chronic pain and injuries. Kinesiologists can help by assessing and rehabilitating movements, preventing further injuries and improving current conditions to help you perform activities of daily living without pain and discomfort.



FEELING THE WEIGHT OF INACTIVITY?

Weight Gain and Obesity

Because of the restrictions around COVID-19, many people have not been able to exercise as regularly as they used to. Some have gained a little weight; others have reached the first level of obesity. Kinesiologists can help you adopt a multidisciplinary approach to losing weight by gradually including movement and physical activity while respecting your movement capacity, body composition and cardiorespiratory fitness.



MOVE AGAIN SAFELY!

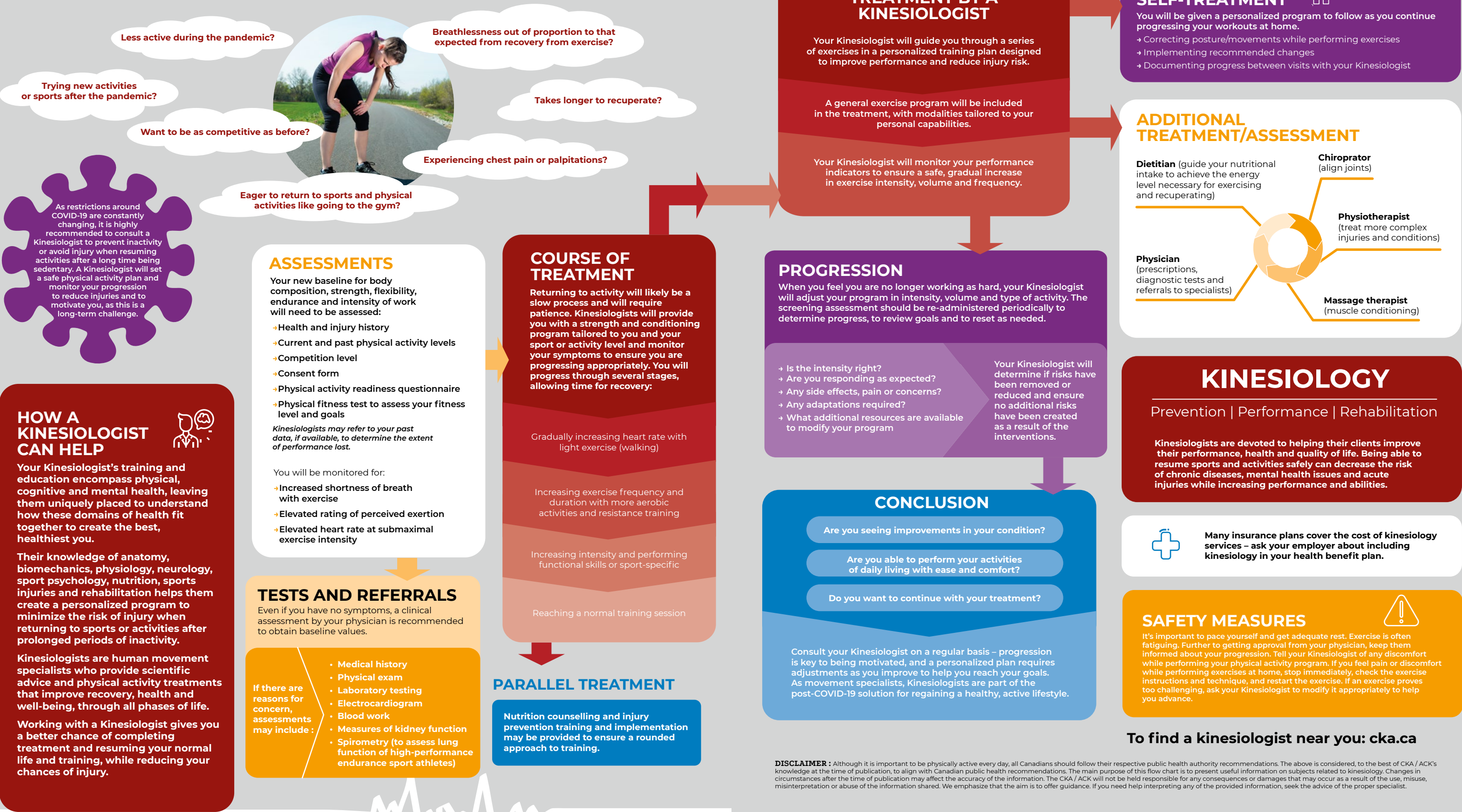
Return to Sport



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A safe return to sports and activities is important for continued physical and mental health. With activities resuming after many disruptions throughout the pandemic, it is imperative that you perform adequate training and conditioning before engaging in sports or physical activities to minimize the risk of injuries. Kinesiologists can help you achieve those goals in a safe and effective manner.



HEALTH AND WELL-BEING WITH KINESIOLOGISTS

PHYSICAL AND MENTAL RECOVERY AND ASSESSMENT

Physical and mental health are critical to well-being. How does a Kinesiologist support personalized recovery through assessments and treatments using movement and physical activity programs?

A Kinesiologist will do the following:

- Use science-based testing and knowledge to ensure effective assessment.
- Select focused recovery goals and develop a plan to resolve the issue.
- Work with you to develop your physical activity programs, experiences and goals.
- Identify what counts as success and then determine assessment criteria to readjust programs or to ensure progression.
- Encourage adherence to the physical activity program by allowing you to choose from a range of activities with similar movements and skills.
- Regularly re-evaluate your progress and be responsive to data collected from observations, conversations, physical fitness testing and assignments.

THE STEPS TO INTERVENTION

Kinesiologists are specialists in the dynamics of human movement and its components. The primary means of intervention is movement with physical activity. The scope of the practice, and all underlying actions, is based on a wealth of science-based evidence that touches on prevention, fitness, rehabilitation, education and performance.

A Kinesiologist will work with you by:

- Searching for pertinent information
- Performing an initial or motivational interview
- Identifying the intervention mandate
- Choosing protocols and administering tests
- Analyzing and interpreting results

Based on the results of the assessment, an intervention plan will be defined and executed, such as:

- An active living, improved quality of life or physical activity program
- An exercise program
- An interdisciplinary intervention plan (that is, working with other health professionals)
- A physical preparation plan for athletic performance or other objectives

Intervention plans require appropriate professional supervision. Your Kinesiologist will adjust the program to help you achieve your goals while minimizing any risk of harm. Professional intervention can begin at any time, alone or in conjunction with a multidisciplinary team, in a medical or sport-performance situation. In addition to clinical intervention, Kinesiologists also provide consulting expertise to facilitate the adoption and reinforcement of healthy lifestyle habits.

CONCLUSION

Returning to an active lifestyle and improved quality of life will involve many challenges. One thing we know for certain is how critical it is to support our health and well-being at this time. Kinesiologists can support Canadians in the WHY and HOW as they deal with the impact of COVID-19 and take responsibility for their health and well-being.

This document is the beginning of a long conversation. COVID-19 restrictions are changing constantly and you won't be able to simply return to the "normal" life you led before. You will need to take steps to safely

return to your former active lifestyle and physical activity programs. If you are a senior or are recovering from COVID-19, you may need help returning to activities of daily living. Whatever your situation, Kinesiologists can ensure a safe and long-term recovery or return to activity. We look forward to continuing this conversation with you.



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