



# Deconditioning as main mechanism of impaired exercise response in COVID-19 survivors

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Shareable abstract (@ERSpublications)

**CPET reveals only a mild impairment of exercise capacity, with preserved ventilatory and gas exchange response at 3 months follow-up in COVID-19 survivors, due to deconditioning**

<https://bit.ly/3sI8e0Y>

**Cite this article as:** Rinaldo RF, Mondoni M, Parazzini EM, *et al.* Deconditioning as main mechanism of impaired exercise response in COVID-19 survivors. *Eur Respir J* 2021; 58: 2100870 [DOI: 10.1183/13993003.00870-2021].

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This article has an editorial commentary:  
<https://doi.org/10.1183/13993003.01763-2021>

Received: 14 Jan 2021  
Accepted: 17 April 2021

*To the Editor:*

SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2) and the related coronavirus disease 2019 (COVID-19) hit Europe in February 2020 [1], raising issues on acute phase management and, later on, the management of its long-term sequelae. Cardiopulmonary exercise testing (CPET), which is the gold standard for the evaluation of exercise capacity, is included in the list of examinations of the European Respiratory Society/American Thoracic Society task force for the follow-up of COVID-19 patients [2]. However, it is not performed in every clinical centre, as it requires specific technical skills. The objective of this observational, prospective study was to evaluate the sequelae of COVID-19 by assessing exercise performance during incremental CPET.

