Exercise capacity impairment after COVID-19 pneumonia is mainly caused by deconditioning

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Not pulmonary factors, but physical deconditioning is the main limiting factor of exercise capacity in patients after severe COVID-19 pneumonitis. This underscores the importance of an early rehabilitative intervention in these patients. https://bit.ly/2XVvr6C

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To the Editor:

The new severe acute respiratory syndrome (SARS) coronavirus 2 (SARS-CoV-2) can cause severe pneumonia characterised by dry cough, dyspnoea, hypoxaemia and diffuse ground glass opacities on chest computed tomography (CT) [1]. While much has been learnt concerning diagnosis and treatment of coronavirus disease 2019 (COVID-19) during the first year of the pandemic, only scarce data is available concerning post-COVID long-term pulmonary sequelae. Data about pulmonary function in early convalescence demonstrated impaired diffusion capacity, lower respiratory muscle strength, and radiological abnormalities [2, 3]. Herein we report data of cardio-pulmonary exercise testing (CPET) 3 months after severe COVID-19 pneumonitis.