

Whole-body vibration exercise: a possible intervention in the management of post COVID-19 complications?

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COVID-19 infection frequently leaves the infected subjects with impairments of multiorgans, the so-called post COVID-19 syndrome, which needs to be adequately addressed. The perspective of this narrative review is to verify the possible role of whole-body vibration exercise in the post-COVID-19 rehabilitation of these patients. Publications reporting the use of WBV exercises to counteract fatigue, muscle weakness, neurological manifestations, pain, quality of life, quality of sleep, lung commitments, and mental conditions in different clinical conditions were selected. Considering all the findings described in the current review, it seems that WBV exercise might be potentially useful and effective in the rehabilitation of post COVID-19 syndrome, being able to positively influence fatigue, muscle weakness, and quality of life without any side-effects. Controlled studies are mandatory to define the best protocols to be proposed, which need to be tailored to the individual and clinical characteristics.

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