

# Exercise Training Using an App on Physical Cardiovascular Function Individuals With Post-covid-19 Syndrome

NCT06168006

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Nove de Julho
<b>Enrollment</b>	60 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Laboratory diagnosis of COVID-19
- Fatigue e 8 points on the Chalder Scale and/or dyspnea 2-4 on the Modified Medical Research Council
- Have access to a smartphone
- Have no contraindications for exercise practice
- Have ability to sit and stand and maintain balance while standing
- ... and 2 more (see full listing online)

## Locations (1 total)

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Universidade Nove de Julho, São Paulo, São Paulo, Brazil