

REGAIN

REHABILITATION
EXERCISE AND
PSYCHOLOGICAL
SUPPORT AFTER
COVID-19 INFECTION

Have you been in hospital with COVID-19?

The REGAIN study aims to find out which of two treatments is better for helping people recover after being in hospital with COVID-19:

- An on-line rehabilitation exercise and recovery support group *OR*
- A single on-line session of exercise advice and support

Are you still suffering with:

- ▶ Your breathing
- ▶ Shoulder or back pain
- ▶ Sleeping
- ▶ Memory or concentration
- ▶ Tiredness
- ▶ Any other symptoms

You could help contribute to develop better care for people after COVID-19 by joining the REGAIN study



Gujrati ગુજરાતીમાં વધુ માહિતી ઓનલાઇન મેળવો
Bengali বাংলা ভাষায় আরো তথ্য অনলাইনে দেখুন
Mandarin 在网上查找更多中文的信息
Punjabi ਪੰਜਾਬੀ ਵੱਚਿ ਆਨਲਾਈਨ ਹੋਰ ਜਾਣਕਾਰੀ ਲਓ
Urdu ریڈناج دیزم نیٹال نا ریم نابز ودرا

If you are interested in taking part, please click this link or scan the QR code below to find out more
www.warwick.ac.uk/regain

FUNDED BY
NIHR National Institute for Health Research

NHS
University Hospitals
Coventry and Warwickshire
NHS Trust

WARWICK
UNIVERSITY



SCAN ME