Selected functional and other testing tools for evaluating people with post-COVID-19 conditions

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| **CATEGORY** | **TOOLS** |
| Exercise capacity | 1-minute sit-to -stand  2 – minute step test  10 Meter Walk Test (10MWT)  6- minute walk |
| Balance and fall risk | BERG Balance Scale  Tinetti Gait and Balance Assessment Tool |
| Other | Tilt-table testing (e.g., for POTS)  Orthostatic HR assessment |

Descriptions of conditions similar to long COVID-19 with their respective pharmaceutical and non-pharmaceutical treatments- CDC

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| **Condition** | **Description** | **Treatment** |
| Long COVID or post-COVID-19 syndrome | * Condition lasts for ≥3 months after COVID-19 symptoms onset | * Paracetamol and NSAIDS (for relieving specific symptoms) * Ivabradine (for cases with tachycardia or palpitations) * Personalized rehabilitation |
| ME/CFS | * Condition lasts for ≥6 months after possible triggers such as stress or viral infection. * 1994 CDC criteria: Fatigue with at least four of either headache, myalgia, joint pain, PEM, sore throat, tender lymph nodes, unrefreshing sleep, or cognitive impairment * 2015 IOM criteria: Fatigue, PEM, and unrefreshing sleep that may come with cognitive impairment or orthostatic intolerance | * Rintatolimod (TLR3 agonist) * Staphypan Berna vaccine * Coenzyme Q10 + NADH (mitochondrial modulator) * Antidepressants * Analgesics * Antivirals * CBT and GET (debatable) |