



## **Experiences of returning to exercise or sport following recovery from long COVID: a qualitative study**

Our team is undertaking research for an investigation to explore peoples' experiences of returning to exercise or sport following their recovery from long COVID. The research will attempt to understand the support and challenges involved in this.

We are seeking adults who were participating in exercise or sport at least twice weekly on a regular basis prior to developing long COVID and who have recovered enough to have returned to exercise or sport in some capacity.

Participants will be asked to take part in an individual 45-minute Zoom interview. There will be an opportunity to review the themes from the data analysis and receive a copy of the study findings. The total time commitment is between 60 to 70 minutes.

Please contact Dr Sarah Rhodes at the School of Physiotherapy, University of Otago for more information: [sarah.rhodes@otago.ac.nz](mailto:sarah.rhodes@otago.ac.nz)

**[This project has been reviewed and approved by the School of Physiotherapy, University of Otago]**