Isolation Advice

As we are all aware, the symptom pattern for people with active COVID can range widely. Some may suffer from a mild case of runny nose or cough, fever, body aches. Whereas some may experience more severe cases such as; respiratory distress and the need for medical intervention.

At Quay Osteo we have compiled a list of helpful tips to assist you in your isolation. Apply the information below as it best applies to your situation and symptoms or seek further medical care if you are experiencing more significant COVID symptoms.
If you have any questions for us please get in touch.

Routine

Exercises

Supplements

Sleep

Activities

Team Recs

Create a routine

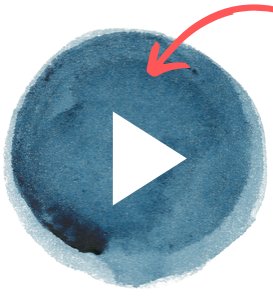
In a similar way to sleep, our regular routines of work/exercises/shopping/getting our morning coffee are thrown out the window during a period of home isolation. Creating a daily routine whilst you are stuck at home can not only help with sleeping at night but also keep you productive and most of all sane.

As an added benefit, if you are isolating at home with kids, a family routine will help to create structure and 'hopefully' help to alleviate complaints, fights and boredom.

Some things you might want to try:

- Set yourself **regular** wake-up and bed times.
- Changing out of PJs
- Block out time to **go outside** and get into the sunshine
- Setting **specific time blocks** for work/ study
- Touching base with family and friends
- Gentle exercising/stretching (below)
- **Breathing exercises** (below)
- Reading/doing something creative
- Family time (boardgames, movies, family exercise)
- Alone time (perhaps much needed after a week in a full house)
- **Limit screen time** and social media scrolling

Exercise- done in the sun is optimal



Click here for Tom's demo of exercises

Mobility/Yoga Exercises

Slow/simple movements aimed at putting your body through gentle ranges of motion whilst also promoting movement of the thoracic spine and ribs, opening the chest up and assisting with breathing.

1 - Over a towel/foam roller

Using a rolled up towel or a foam roller, lay on the floor with the object vertically placed along your spine, between your shoulder blades. Open your arms out wide and let your shoulder blades drop around the towel/roller. Take a few deep breaths, opening the chest up. Raise your arms over your head and repeat.

2 - Cobra/Shell Positions

Laying on your front with your hands in a push-up position. Push your chest off the ground to arch through your back. Hold for a few deep breaths. Raise your hips off the ground to stand on your hands and knees, then slowly bring your bottom towards your heels. Again taking a few deep breaths. Alternate through these positions, gentle aiming for more range each time/breath.

3 - Thread the Needle

In a 'hands and knees' position, reach one of your arms under your body and reach as far as you can. Slightly change your direction of reach 4-5 times and reach across your body in those directions. Then repeat on the other side.

4 - Pec stretching

Standing in a doorway, place your arm at a 90 degree angle to your body and bend your elbow. Lean your body forwards and feel a stretch through the front of your chest. Hold for 20-30 seconds and repeat on the other side. (Note - Changing the height of your arm in the doorway might assist in feeling a stretch through your chest)

5 - Gentle oscillations

The aim of this movement is to put your body in different positions to the repetitive sitting and standing. Slowly and gently move your body and increase range.

Breathing Exercises

Box Breathing

- Slowly breathe in for the count of 4.
- Hold your breath for 4 seconds.
- Slowly exhale through your mouth for 4 seconds.
- Repeat

Abdominal Breathing

Sit down or lay on your back
Place one hand just below your ribs and the other one on your chest
Take a deep breath in through your nose. Aim for your belly to move, but for your chest not to.
Breathe out through your mouth slowly and feel your tummy go back in
Repeat

Here are a few resources that may assist you with working on some breathing.

BREATHING APPS: iBreathe, The Breathing App, Breathwrk
https://uhs.berkeley.edu/sites/default/files/breathing_exercises_0.pdf

Supplements

Vitamin C

Booster for the immune System.
Common sources: citrus fruits, broccoli, sprouts, capsicum, berries, tomato, kiwi fruits, vitamin c tablets.

Zinc

Display potential anti-viral properties.
Common sources: oysters, red meat, almonds, pumpkin seeds, oats, muesli, cheese, zinc tablets.

Vitamin D

Improves the action of a number of immune cells, so time in the sun can help improve immune health.
Common sources: the sun, fish, fish oil, eggs, butter/margarine, mushrooms, tablets

Sleep

When we are unwell, our bodies need sleep. Sleeping helps us to recover and fight illness as well as boosting our immune system. So it makes sense that whilst we are isolating we should be doing what we can to ensure we are getting some good Z's.

The bed is for sleeping, not for meals, netflix or playing on our phones.

When we are forced to stay at home and miss out on work and socialising, it is easy to retreat into a place that is comfortable and hibernate there. We have all been guilty of it at one stage or another; but during isolation it is something to try to avoid.

When we use our beds for sleeping, our bodies associate bed with sleep which can assist with getting a good night's rest. When we blur those lines and spend all day doing other activities in bed, that might lead to more restless nights.

Things to Look Forward To

Lockdown and isolation in particular can become quite monotonous. **It is important to keep things fun and interesting and to give yourself something to look forward to**. Try to come up with things that you may not have done otherwise and put a positive spin on your isolation period.

Give yourself something to look forward to (take-away, movie, competitions or dress up night - see Tom's example from Melbourne's Iso last year)

Staff Favourites

With the world at our fingertips these days, there is no shortage of entertainment for us during our lockdowns. Whilst we do not recommend bingeing content, here are a few of the team's favourites if you find yourself seeking something new during your isolation.

MOVIES/ TV SHOWS

- Ted Lasso - Laura
- Brooklyn 99- Casey
- Don't Look Up- Zara
- Peaky Blinders- Tom
- Shameless- Georgie
- Emily in Paris- Yolli
- Yellowstone- Jacqui

BOOKS

- How We Love (Clementine Ford)- Zara
- The Book Thief (Markus Zusak) - Georgie
- Breath (Tim Winton) -Tom
- Audible- Jacqui

MUSIC/PODCASTS

- Anything (Red Hot Chilli Peppers)- Casey
- The Imperfects Podcast- Zara
- Built On Glass (Chet Faker)- Tom
- Edamame (bbno$ and Rich Brian)- Jacqui
- Rainbow Valley (Matt Corby) -Georgie

LOCAL TAKEAWAY

- Sober Ramen -Laura & Georgie
- Samesyn- Ginni
- Ginger Monkey- Zara
- The Kiosk- Tom
- Pholklore- Jacqui
- Lentils- Yolli