JOURNAL OF COMPLEMENTARY MEDICINE RESEARCH
Journal of Complementary Medicine Research, ISSN: 2146-8397 Vol. 13, No. 1, 2022 (pp. 122-124)
SHORT COMMUNICATION
WWW.JOCMR.COM

Patient Reported Effects of self-help Eurythmy Therapy managing Covid-19-Illness – A Case-Vignette

Katharina Gerlach[a,b]

[a]*RIArT - Research Institute for Creative Arts Therapies, Alanus University of Arts and Social Sciences, Alfter/Bonn*

[b]*Institute for Eurythmy Therapy, Alanus University of Arts and Social Sciences, Alfter/Bonn*

ABSTRACT

Introduction: Mild course COVID-19 patients are mostly managed at home and need next to correct medication appropriate techniques to deal with their symptoms.

Methods: A 23-year old male performed self-administered Eurythmy Therapy exercises during 14 days quarantine and afterwards in rehabilitation.

Results: The patient reported positive effect in terms of relaxation or vitalization of Eurythmy Therapy exercises on COVID-19 symptoms: headache, fatigue, dsypnoea, chest pain, body tension and asthenia.

Discussion/Conclusion: Eurythmy Therapy exercises might be helpful managing COVID-19 symptoms and can be applied on a self-help basis.

Corresponding Author e-mail: Katharina.gerlach@alanus.edu

How to cite this article: Gerlach K (2022). Patient Reported Effects of self-help Eurythmy Therapy managing Covid-19-Illness – A Case-Vignette. Journal of Complementary Medicine Research, Vol. 13, No. 1, 2022 (pp. 122-124).

INTRODUCTION

Patients with noncritical coronavirus disease (COVID-19) are usually not hospitalized, but cared for at home under quarantine conditions. They suffer from various symptoms, such as cough, sore throat, fever, myalgia, fatigue, headache, chest pain, rhinorrhea, anosmia, ageusia, dyspnoea, and asthenia.[1] Two-months-follow-up shows even in younger patients persisting symptoms such as dyspnea and asthenia.[2] Treatment and rehabilitation of non-hospitalized patients is difficult due to quarantine based on high infectivity of COVID-19. Improvement of health through movement interventions is well investigated.[3] Duan et al. and Peng et al. suggest traditional Chinese movement (TCMO) interventions such as Tai-Chi (TC)[4,5] in COVID-19 treatment and rehabilitation. The self-active-factor in exercise might be a solution in isolation situations as the patient would be able to help himself. Patient reported outcomes in COVID-19 "…play an important role in increasing patient engagement..."[6] and open access to evaluable aspects in treatment effects,[7], p. 251.

Eurythmy Therapy (EYT) is a is a holistic self-activating movement-orientated Mind-Body-Therapy (MMBT)[8] within Anthroposophic Medicine using movement exercises with arms, legs and the whole body [9] to harmonize misbalanced functional, vital emotional and intentional processes in the human organism[10], comparable to TCMO.[11] Eurythmy-Therapists (ETs) usually work in individual settings with their patients and give exercises to be performed at home. A 23-year-old male with a mild COVID-19-illness reported positive effects on symptoms with EYT exercises.

KEYWORDS:
COVID-19-rehab,
COVID-19-treatment,
Exercise,
Eurythmy Therapy,
Self-help-exercise.

ARTICLE HISTORY:
Received Jan 25, 2021
Accepted Sep 17, 2021
Published Jan 12, 2022

DOI:
10.5455/jcmr.2022.13.01.22

METHODS

The patient started EYT in July 2020 after a head trauma with frontal skull fracture, epidural hematoma on the left fronto-basal and cerebellar contusion in the context of a sports accident in December 2019. 4 weeks after the accident he spent at home and then attended an inpatient rehab for 4 weeks. At the beginning of therapy he complained about poor concentration, reduced memory, exercise-induced headache and neck pain. He was not happy about having gained … kilos of weight during sick leave and rehab, but he admits that he likes to party with lots of alcohol.

He was already working again and came regularly weekly and later every 2 weeks. He performed his exercises at home 2-4 days weekly. In October and was motivated to change drinking and eating habits and

lost 10 kilos up to date. In November he developed COVID-19 symptoms, was tested positive and went into quarantine immediately. Symptoms were fever, dry cough, rhinorrhea, myalgia, headache, sore throat, dyspnea, asthenia, fatigue and general tension in the body. Fever persisted only 3 days, dry cough, rhinorrhea, myalgia, asthenia and headache 14 days. Fatigue and dyspnea still persist. As the patient is young, basically fit and does not suffer from any underlying diseases a mild course in COVID-19 could be expected.

A long with medication the patient helped himself with some of the EYT exercises he had learned since July: 7-fold rood-exercise[1], waterfall rood-exercise[2], 12-fold-rood-exercise[3] and lemniscates with the copper-ball[4] [5]. After fever went down he performed them every day at least once and when needed. A questionnaire was developed to assess symptoms, duration, exercises and reported effect in addition to open questions[6].

RESULTS

The patient described the calming and relaxing effect of the lemniscate-movement with a copper-ball as leading to improvement in cough, headache, fatigue and body tension as it smoothened the quarantine situation. He reported improvement in chest pain, dyspnea and fatigue from the 7- and 12-fold rood exercises, because the whole body was

1 https://www.youtube.com/watch?v=doafemel9Es, https://www.youtube.com/watch?v=wEMpB7nz7J0
2 https://www.youtube.com/watch?v=clwZ6cZEk8U,https://www.youtube.com/watch?v=GaUqe3cxpWI
3 https://www.youtube.com/watch?v=8sXH-S344OM, https://www.youtube.com/watch?v=DVgF-7blPkE,
4 https://youtu.be/S_ypOaKKGVM
5 These videos show performance and give background-explanation on the EYT-exercises
6 Patient-Questionnaire on COVID-19 symptoms and EYT-exercises

Table 1: Questions about experiences with Eurythmy Therapy in connection with a Covid-19 disease filled in by the patient

Symptom	*Duration in days*	*Currently existing Yes/No?*	*Which Eurythmy Therapy exercise helped?*	*Effect of Eurythmy Therapy exercise on that symptom:*				
				none	*low*	*slight*	*strong*	*very strong*
Fever	3	no						
Cough productive	-	no						
Cough dry	14	no	lemniscates with copper-ball, relaxing but only short-term			x		
Rhinorrhea	14	no						
Myalgia	14	no						
Headache	14	yes in some situations	lemniscates with copper-ball, relaxing and calming				x	
Fatigue	78	yes	lemniscates with copper-ball, 7- and 12-fold rood-exercises: soothing stretching and vitalizing				x	
Sore throat	78	yes						
Dyspnea	78	yes under burden	7- and 12-fold rood-exercises: thorax was stretched and I had more freedom in breathing				x	
Anosmia	-	no						
Ageusia	-	no						
Asthenia	14	no	7- and 12-fold and waterfall rood-exercises: getting into movement				x	
Chest Pain	78	yes under burden	7- and 12-fold rood-exercises: thorax was stretched and I had more freedom in breathing				x	
Tension in the body	14	no	lemniscates with copper-ball,				x	
Over-all satisfaction with status of health								

Further questions:
When did the first symptoms come? 3 days after infection
Which were they? Fever, sore throat, myalgia, rhinnorrhea
Was it tested based on the symptoms? Yes on 4.11.2021
When did the positive test come? 2 days after testing
Days bedridden? 5 days, but during quarantine mainly located and slept a lot
What medical measures have been taken? Sore throat tablets, paracodein drops against the dry cough, chamomile tea, fennel tea, healthy balanced diet, paracetamol for a fever one-off
Date: 11.1.2021 (original in German, translated into English)

stretched and therefore vitalized. The stretching effect on the thorax helped on dyspnea and chest pain. (Tab.1).

DISCUSSION

In this case of a 23-year old patient with a mild course of COVID19 self-administered EYT was used and rated on a patient's evaluation questionnaire. The patient reported 4 main EYT-exercises having a strong differentiated effect on his symptoms, mainly on headache, fatigue, dyspnea, chest pain, body tension and asthenia. That suggests that relaxation, stretching and moderate movement as performed in TCMO or physiotherapy might have a positive effect in treatment and rehabilitation of COVID-19 [12] [13].

Another aspect is the self-active component. Self-help-exercise (SHE) is reported to improve in emotional burden caused by COVID-19 circumstances [14] and in fatigue symptoms [15]. This patient chose EYT-exercises self-reliant based on what he had experienced the months before. SHE is inexpensive and easy to implement especially in young people with exercise and fitness affinity. As this is a single case more research must be done for a greater variety of findings in single cases and trials to embed the above results.

Conclusion

For both aspects EYT could be an alternative in treatment and rehabilitation of COVID-19. Flu infections are often restrictive and have a big impact on sick days at work. A comparative study could evaluate young adults dealing with infection situations by learning EYT- and physiotherapy-exercises as SHE- techniques.

Declared consent

The patient gave written consent and has read the last version of this paper.

ACKNOWLEDGEMENT

Dr. Paul G. Werthmann (Center for Complementary Medicine, University of Freiburg, Germany) provided helpful comments on the manuscript.

REFERENCES

[1] Huang, C. , Wang, Y., Li, X., Ren, L., Zhao, J., Hu, Y., Zhang, L., Fan, G., Xu, J., Gu,X. Cheng, Z., Yu, T., Xia, J., Wei, Y., Wu, W., Xie, X., Yin, W., Li, H., Liu, M., Xiao, Y., Gao, H., Guo, l., Xie, J., Wang, G., Jiang, R., Gao, Z., Jin, Q., Wang†, J., Cao, B., Feb.2020, 'Clinical features of patients infected with 2019 novel coronavirus in Wuhan, China', The Lancet, vol. 395, no. 10223, pp. 497–506, doi: 10.1016/S0140-6736(20)30183-5.

[2] Carvalho-Schneider C, Laurent E, Lemaignen A, Beaufils, E., Bourbao-Tournois, C., Laribi, S., Flament, T., Ferreira-Maldent, N., Bryère, F., Stefic, K., Gauadi-Graffin, C., Grammatico-Guillon, L., Be0/0/00 0:00:00 AMrnard, L., 2021, Follow-up of adults with noncritical COVID-19 two months after symptom onset. Clinical Microbiology and Infection : the Official Publication of the European Society of Clinical Microbiology and Infectious Diseases.;27(2):258-263. DOI: 10.1016/j.cmi.2020.09.052. PMID: 33031948; PMCID: PMC7534895.

[3] Naci, H., Ioannidis, J.P.A., 2013, 'Comparative effectiveness of exercise and drug interventions on mortality outcomes: metaepidemiological study', BMJ, vol. 347, no. oct01 1, pp. f5577–f5577, Oct. 2013, doi: 10.1136/bmj.f5577.

[4] Duan, Y., Xiong, M., Wang, H., Yao, X., Liu, H., Li, G., 2020, 'Traditional Chinese exercise for COVID-19: A protocol for systematic review and meta-analysis', Medicine (Baltimore), vol. 99, no. 45, p. e23044, doi: 10.1097/MD.0000000000023044.

[5] J. Peng et al., 'The effect of qigong for pulmonary function and quality of life in patients with covid-19: A protocol for systematic review and meta-analysis', Medicine (Baltimore), vol. 99, no. 38, p. e22041, Sep. 2020, doi: 10.1097/MD.0000000000022041.

[6] Wong, A.W., Shah, A.S., Johnston, J.C., Carlsten, C., Ryerson, C.J., 2020, 'Patient-reported outcome measures after COVID-19: a prospective cohort study', Eur. Respir. J., vol. 56, no. 5, p. 2003276, doi: 10.1183/13993003.03276-2020.

[7] Quittner, A.L., Alpern, A.N., Kimberg, C.I., 2012, 'Integrating Patient-Reported Outcomes into Research and Clinical Practice', in Kendig & Chernick's Disorders of the Respiratory Tract in Children, Elsevier, pp. 251–260. doi.org/10.1016/B978-1-4377-1984-0.00014-0

[8] Seifert G., Kanitz, J.L., Ptretzer, K., Hentze, G., Witt, K., Reuleke, G., Voss, A., 2013, 'Improvement of Circadian Rhythm of Heart Rate Variability by Eurythmy Therapy Training', Evid. Based Complement. Alternat. Med., pp. 1–9, 2013, doi: 10.1155/2013/564340.

[9] Gerlach, K., Recchia, D. R., Büssing, A., 2019, 'Development of a documentation instrument for movement-orientated Mind-Body-Therapies taking the example of Eurythmy-Therapy', Complement. Ther. Med., vol. 44, pp. 91–93, doi: 10.1016/j.ctim.2019.04.0

[10] Büssing, A., Edelhäuser, F., Weisskircher, A., Fouladbakhsh, J.M., Heusser, P., 2011, 'Inner Correspondence and Peacefulness with Practices among Participants in Eurythmy Therapy and Yoga: A Validation Study', Evid. Based Complement. Alternat. Med., doi.org/10.1155/2011/329023

[11] Kienle, G., Wertmann, P., Grotejohann, B., Hundhammer, T., Schmoor, C., Stumpe, C., Voigt-Radloff, S., Huber, R., 2020, 'Addressing COVID-19 Challenges in a Randomized Controlled Trial on Exercise Interventions in a High-Risk Population', In Review, preprint, doi: 10.21203/rs.3.rs-100074/v1.

[12] Zha, L., Xu, X., Wang, D., Qiao, G., Zhuang, W., Huang, S., 2020, 'Modified rehabilitation exercises for mild cases of COVID-19', Ann. Palliat. Med., vol. 9, no. 5, pp. 3100–3106, doi: 10.21037/apm-20-753.

[13] Arzani, P., Khalkhali Zavieh, M., Khademi-Kalantari, K., Akbarzadeh Baghban, A., 2020, 'Pulmonary rehabilitation and exercise therapy in a patient with COVID-19: A Case report', Med. J. Islam. Repub. Iran, vol. 34, p. 106, doi: 10.34171/mjiri.34.106.

[14] Riva, G., Bernardelli, L., Browning, M. H. E. M., Castelnuovo, G., Cavedoni, S., Chirico, A., Cipresso, P., de Paula, D. M. B., Di Lernia, D., Fernández-Álvarez, J., Figueras-Puigderrajols, N., Fuji, K., Gaggioli, A., Gutiérrez-Maldonado, J., Hong, U., Mancuso, V., Mazzeo, M., Molinari, E., Moretti, L. F., Ortiz de Gortari, A. B., Pagnini, F., Pedroli, E., Repetto, C., Sforza, F., Stramba-Badiale, C., Tuena, C., Malighetti, C., Villani, D., Wiederhold, B. K., 2020, 'COVID Feel Good-An Easy Self-Help Virtual Reality Protocol to Overcome the Psychological Burden of Coronavirus', Front. Psychiatry, vol. 11, p. 563319, doi: 10.3389/fpsyt.2020.563319.

[15] Cheshire, A., Ridge, D., Clark, L., White, P. 2020, 'Guided graded Exercise Self-help for chronic fatigue syndrome: patient experiences and perceptions', Disabil. Rehabil., vol. 42, no. 3, pp. 368–377, doi: 10.1080/09638288.2018.1499822.