# Interventions for long COVID treatments

## Prepared for the OUTPOST APT, HEAL COVID and ALCAP MRFF-funded projects

### June 2025 (search performed on 02/07/2025)

Previously, the Bond and ALEC teams completed full text screening of all studies published up to the end of June 2025 and had included a total of 172 RCTs. These trials were identified through a comprehensive systematic search on PubMed, Cochrane and Embase, plus pre-print servers. The search is also supplemented with updates from long COVID reviews that are being conducted by EPPI-Centre and Epistemonikos.

The most recent June 2025 monthly update was completed by the Bond team and retrieved seven new RCTs on long COVID which brings our total library to 179 RCTs. These seven new studies focused on;

* Pharmaceutical; for Olfactory function/anosmia (k=2),
* Dietary -Chinese traditional herb supplement (k=1),
* Therapeutic- such as whole- body vibration, hyperbaric oxygen therapy (HBOT), Stellate ganglion block, and neuromodulation (k=4) (see Table 1).

The comprehensive data base of all published trials on long COVID treatments, along with historical search results from the projects inception, is available on the [Bond Institute for Evidence Based Healthcare website](https://bond.edu.au/iebh/our-research/long-covid).

## Table 1: List of RCTs included in the June 2025 update

|  |  |
| --- | --- |
| **Reference** | **Taxonomy category** |
| [Topical Glutamate Diacetate: A Promising Therapy for Post-Coronavirus Disease 2019 Olfactory Dysfunction Through Calcium Modulation - Majed A. Algarni, Mohammed S. Alharthi, Fahad H. Baali, Abdulaziz I. Alzarea, Adnan Alharbi, Wadia S. Alruqayb, Ahmed H. Abdelazim, Mohamed H. Abdelazim, 2025](https://journals.sagepub.com/doi/10.1177/19458924251347727?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%20%200pubmed) | Pharmacological; specific for Olfactory function |
| [Intra-nasal Disodium Orthophosphate Is Beneficial in Improving Olfactory Dysfunction Post COVID-19 - Mohamed S. Imam, Manal A. A. Alghamdi, Jasmine N. A. Albukhari, Shoug M. I. AlAtawi, Dhai T. M. Altuwariqi, Jood A. H. Mashoon Shen, Shahad A. H. Mathkoor, Bayan S. Al Talhi, Raghad S. Alosaimi, Ghada A. Alzahrani, Rahaf S. Althobaity, Shomokh A. M. Alhothly, Yahia M. A. Dawood, Mahmoud E. Alsobky, 2025](https://journals.sagepub.com/doi/10.1177/00034894251344011) | Pharmaceutical; specific for Olfactory function |
| [Randomized, waitlist-controlled trial of Cordyceps sinensis mycelium culture extract (Cs4) for long COVID patients in Hong Kong](https://www.scienceopen.com/document_file/2b197473-c6a3-40ea-84be-d53918f4c7be/ScienceOpen/amm20240089.pdf) | Dietary: Chinese traditional herb supplement  |
| [Whole body vibration exercise effects on exercise capacity and muscle strength in long Covid-19 patients: A randomized clinical trial - ScienceDirect](https://www.sciencedirect.com/science/article/pii/S1360859225002517?via%3Dihub) | Therapeutic |
| [Effect of normobaric and hyperbaric hyperoxia treatment on symptoms and cognitive capacities in Long COVID patients: a randomised placebo-controlled, prospective, double-blind trial - PubMed](https://pubmed.ncbi.nlm.nih.gov/40544138/) | Therapeutic |
| [Stellate Ganglion Block for the Treatment of COVID-19−Induced Parosmia: A Randomized Clinical Trial | Olfaction and Taste | JAMA Otolaryngology–Head & Neck Surgery | JAMA Network](https://jamanetwork.com/journals/jamaotolaryngology/article-abstract/2834979) | Therapeutic |
| [Superficial Neuromodulation in Dysautonomia in Women with Post-COVID-19 Condition: a Pilot Study | Cochrane Library](https://www.cochranelibrary.com/central/doi/10.1002/central/CN-02865510/full) | Therapeutic |

In the absence of substantial high-quality trial evidence for interventions of interest (e.g. antivirals), the Living Evidence Group has commenced a systematic review for low dose naltrexone in long COVID. As there are no published RCTs on this drug to date, the Living Evidence Group will identify and review research literature from pre-post studies of low dose naltrexone in long COVID. This review is underway and the results will be reported to the project team shortly.

The table below lists all the trials and systematic reviews that have been identified since the beginning of the search. Please refer to Appendix A for a full reference list of RCTs that have been included to date.

## Table 2. Updated summary of RCTs for long COVID treatments

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| --- | --- | --- | --- | --- |
| **Taxonomy categories** | **Systematic****reviews** | **Registered****clinical trials** |  | **RCTs** |
| **Jun-****24** | **Jul-24** | **Aug-24** | **Sep-24** | **Oct-24** | **Nov-24** | **Dec-24** | **Jan-25** | **Feb-25** | **Mar-25** | **Apr-25** | **May-25** | **June 25** | **Total** |
| **Pharmacological interventions** |  |  | 19 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 2 | 27 |
| Acetylcholinesterase inhibitor |   |   | 0 |   |   |   |   |  |  |  |  |  |  |  |  | 0 |
| Anticoagulant |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  | 1 |
| Antidepressant |   | 3 | 2 |   |   | 1 |   |  |  |  |  |  |  |  |  | 3 |
| Antifibrotic |   | 1 | 1 |   |   |   |   |  |  |  |  |  |  |  |  | 1 |
| Antihistamine |   | 1 | 0 |   |   |   |   |  |  |  |  |  |  |  |  | 0 |
| Antivirals | 1 | 7 | 0 | 1 |   |   |   |  |  |  |  |  | 1 |  |  | 2 |
| Beta Blockers |   |   | 1 |   |   |   |   |  |  |  |  |  |  |  |  | 1 |
| Corticosteroids | 5 |   | 0 |   |   |   |   |  |  |  |  |  |  |  |  | 0 |
| Enzyme Therapeutics |   |   | 0 |   |   |   |   |  |  |  |  | 1 |  |  |  | 1 |
| Mood stabilizer |   |   | 0 |   |   |   |   |  |  |  |  |  |  |  |  | 0 |
| Targeted drugs |   |   | 2 |   |   |   |   |  |  |  |  |  |  |  |  | 2 |
| Multiple | 2 |   | 0 |   |   |   |   |  |  |  |  |  |  |  |  | 0 |
| NSAIDs (\*anti-inflammatory) |   | 5 | 0 |   |   |   |   |  |  |  |  |  |  |  |  | 0 |
| Olfactory function/anosmia |   |   | 11 |   |   |   |   |  |  |  |  |  |  |  | 2 | 13 |
| Other (BrainMax, AXA1125) |   |   | 2 |   |   |   |   | 1 |  |  |  |  |  |  |  | 3 |
| **Non-pharmacological** |   |   |   83 |  6 |  2 |  3 |  8 | 6 | 7 | 5 | 8 | 8 | 5 |  | 5 | 152 |
| Physical Activity and physical therapy  | 31 |   | 37 | 1 |   | 1 | 5 | 1 | 3 | 3 | 2 | 3 |  | 3 |  | 59 |
| Therapeutic procedures  | 6 |   | 17 | 1 | 2 | 1 |   | 2 | 1 |  | 3 | 3 | 2 |  | 4 | 36 |
| Complementary and Alternative medicine | 5 |   | 6 |   |   | 1 | 1 |  | 1 |  | 3 |  | 1 | 3 |  | 16 |
| Behavioural, psychological, educational | 2 |   | 6 | 1 |   |   | 1 |  | 1 |  |  | 2 | 1 | 1 |  | 13 |
| Diet and dietary supplements  | 2 |   | 17 | 3 |   |   | 1 | 2 | 1 | 2 |  |  | 1 |  | 1 | 28 |
| Other non-drug  |   |   | 0 |   |   |   |   |  |  |  |  |  |  |  |  | 0 |
| Both drug and non-drug interventions | 2 |   | 0 |   |   |   |   |  |  |  |  |  |  |  |  | 0 |
| **Full texts included** | **56** | **20** | **102** | **7** | **2** | **4** | **8** | **6** | **7** | **6** | **8** | **9** | **6** | **7** | **7** | **179** |

bovhyaluronidase azoximer (longidase), # Targeted drugs- includes both Leronlimab-CCR5-, and RNase

## Appendix A: Reference list of all studies included to date

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| Pharmacological interventions n=27 |
| [Abdelazim MH, Abdelazim AH. Effect of Sodium Gluconate on Decreasing Elevated Nasal Calcium and Improving Olfactory Function Post COVID-19 Infection. Am J Rhinol Allergy. 2022;36(6):841-8.](https://journals.sagepub.com/doi/abs/10.1177/19458924221120116) | pre July 2024 |
| [Abdelazim MH, Abdelazim AH, Moneir W. The effect of intra-nasal tetra sodium pyrophosphate on decreasing elevated nasal calcium and improving olfactory function post COVID-19: a randomized controlled trial. Allergy Asthma Clin Immunol. 2022;18(1):67.](https://link.springer.com/article/10.1186/s13223-022-00711-0) | pre July 2024 |
| [Abdelazim MH, Mandour Z, Abdelazim AH, Ismaiel WF, Gamal M, Abourehab MAS, et al. Intra Nasal Use of Ethylene Diamine Tetra Acetic Acid for Improving Olfactory Dysfunction Post COVID-19. Am J Rhinol Allergy. 2023;37(6):630-7.](https://journals.sagepub.com/doi/abs/10.1177/19458924231184055) | pre July 2024 |
| [Altemani A, Alanazi M, Altemani A, Alharbi A, Alsahali S, Alotaib N, et al. The Efficacy of Sodium Phytate as a Natural Chelating Agent in Reducing Elevated Calcium Levels in Nasal Mucus Among Individuals Experiencing Olfactory Dysfunction Following COVID-19: A Prospective Randomized Double-Controlled Clinical Trial. American journal of rhinology & allergy. 2023;38:116-22.](https://journals.sagepub.com/doi/abs/10.1177/19458924231220545) | pre July 2024 |
| [Andrews JS, Boonyaratanakornkit JB, Krusinska E, Allen S, Posada JA. Assessment of the Impact of RNase in Patients With Severe Fatigue Related to Post-Acute Sequelae of SARS-CoV-2 Infection (PASC): A Randomized Phase 2 Trial of RSLV-132. Clin Infect Dis. 2024.](https://academic.oup.com/cid/article-abstract/79/3/635/7668392?login=false) | pre July 2024 |
| [Dal Negro R, Turco P, Povero M. Nebivolol: an effective option against long-lasting dyspnoea following COVID-19 pneumonia - a pivotal double-blind, cross-over controlled study. Multidisciplinary respiratory medicine. 2022;17:886](https://pmc.ncbi.nlm.nih.gov/articles/PMC9830396/). | pre July 2024 |
| [Gaylis NB, Ritter A, Kelly SA, Pourhassan NZ, Tiwary M, Sacha JB, et al. Reduced Cell Surface Levels of C-C Chemokine Receptor 5 and Immunosuppression in Long Coronavirus Disease 2019 Syndrome. Clin Infect Dis. 2022;75(7):1232-4.](https://academic.oup.com/cid/article/75/7/1232/6572226?login=false) | pre July 2024 |
| [Gupta S, Lee JJ, Perrin A, Khan A, Smith HJ, Farrell N, et al. Efficacy and Safety of Saline Nasal Irrigation Plus Theophylline for Treatment of COVID-19-Related Olfactory Dysfunction: The SCENT2 Phase 2 Randomized Clinical Trial. JAMA Otolaryngol Head Neck Surg. 2022;148(9):830-7.](https://jamanetwork.com/journals/jamaotolaryngology/fullarticle/2793987) | pre July 2024 |
| [Hamed S, Ahmed M. The effectiveness of cerebrolysin, a multi-modal neurotrophic factor, for treatment of post-covid-19 persistent olfactory, gustatory and trigeminal chemosensory dysfunctions: a randomized clinical trial. Expert review of clinical pharmacology. 2023;16:1261-76.](https://www.tandfonline.com/doi/abs/10.1080/17512433.2023.2282715?casa_token=_DnJaEB5W78AAAAA:c_Cw_mF0ecuV4bAct78dxpAFfpF3Ge6OaP9cScoPmRgFNht4rba2UaTuu-Cx-FNg8xqm2IlErlGHUg) | pre July 2024 |
| [Hintschich CA, Dietz M, Haehner A, Hummel T. Topical Administration of Mometasone Is Not Helpful in Post-COVID-19 Olfactory Dysfunction. Life (Basel). 2022;12(10).](https://www.mdpi.com/2075-1729/12/10/1483) | pre July 2024 |
| [Imam MS, Abdelazim MH, Abdelazim AH, Ismaiel WF, Gamal M, Abourehab MAS, et al. Efficacy of pentasodium diethylenetriamine pentaacetate in ameliorating anosmia post COVID-19. Am J Otolaryngol. 2023;44(4):103871.](https://www.sciencedirect.com/science/article/pii/S0196070923000856) | pre July 2024 |
| [Kerget B, Çil G, Araz Ö, Alper F, Akgün M. Comparison of two antifibrotic treatments for lung fibrosis in post-COVID-19 syndrome: A randomized, prospective study. Medicina clinica (English ed). 2023;160:525-30.](https://www.sciencedirect.com/science/article/pii/S0025775323000817) | pre July 2024 |
| [Kwan ATH, Guo Z, Ceban F, Le GH, Wong S, Teopiz KM, et al. Assessing the Effects of Metabolic Disruption, Body Mass Index and Inflammation on Depressive Symptoms in Post-COVID-19 Condition: A Randomized Controlled Trial on Vortioxetine. Adv Ther. 2024;41(5):1983-94.](https://link.springer.com/article/10.1007/s12325-024-02826-9) | pre July 2024 |
| [Lasheen H, Abou-Zeid M. Olfactory mucosa steroid injection in treatment of post-COVID-19 olfactory dysfunction: a randomized control trial. The Egyptian Journal of Otolaryngology. 2023;39.](https://link.springer.com/article/10.1186/s43163-023-00478-0) | pre July 2024 |
| [Mahadev A, Hentati F, Miller B, Bao J, Perrin A, Kallogjeri D, et al. Efficacy of Gabapentin For Post-COVID-19 Olfactory Dysfunction: The GRACE Randomized Clinical Trial. JAMA otolaryngology-- head & neck surgery. 2023;149:1111-.](https://jamanetwork.com/journals/jamaotolaryngology/fullarticle/2809346) | pre July 2024 |
| [McIntyre RS, Phan L, Kwan ATH, Mansur RB, Rosenblat JD, Guo Z, et al. Vortioxetine for the treatment of post-COVID-19 condition: a randomized controlled trial. Brain. 2024;147(3):849-57.](https://academic.oup.com/brain/article-abstract/147/3/849/7344681?redirectedFrom=fulltext&login=false) | pre July 2024 |
| [Schmidt F, Azar C, Goektas O. Treatment of Olfactory Disorders After SARS - CoViD 2 Virus Infection. Ear, nose, & throat journal. 2023:1455613231168487-014556132311684.](https://journals.sagepub.com/doi/full/10.1177/01455613231168487) | pre July 2024 |
| [Tanashyan M, Morozova S, Raskurazhev A, Kuznetsova P. A prospective randomized, double-blind placebo-controlled study to evaluate the effectiveness of neuroprotective therapy using functional brain MRI in patients with post-covid chronic fatigue syndrome. Biomed Pharmacother. 2023;168:115723.](https://www.sciencedirect.com/science/article/pii/S0753332223015214) | pre July 2024 |
| [Tanashyan MM, Raskurazhev AA, Kuznetsova PI, Bely PA, Zaslavskaya KI. [Prospects and possibilities for the treatment of patients with long COVID-19 syndrome]. Ter Arkh. 2022;94(11):1285-93.](https://ter-arkhiv.ru/0040-3660/article/view/119979) | pre July 2024 |
| [Geng LN, Bonilla H, Hedlin H, Jacobson KB, Tian L, Jagannathan P, et al. Nirmatrelvir-Ritonavir and Symptoms in Adults With Postacute Sequelae of SARS-CoV-2 Infection: The STOP-PASC Randomized Clinical Trial. JAMA Intern Med. 2024.](https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2819901) | July 2024 |
| [Guttuso T, Jr., Zhu J, Wilding GE. Lithium Aspartate for Long COVID Fatigue and Cognitive Dysfunction: A Randomized Clinical Trial. JAMA Netw Open. 2024;7(10):e2436874.](https://jamanetwork.com/journals/jamanetworkopen/article-abstract/2824334) | Sept 2024 |
| [Avdeev S, Ignatova G, Drapkina O, Popova V, Melnikova E, Chudinovskikh T, et al. Bovhyaluronidase azoximer for long-term pulmonary sequelae of COVID-19: a randomized, double-blind, placebo-controlled trial. 2024](https://www.medrxiv.org/content/10.1101/2024.09.19.24313792v1) | Nov 2024 |
| [Hohberger, B., M. Ganslmayer, T. Harrer, F. Kruse, S. Maas, T. Borst, R. Heimke-Brinck, A. Stog, T. Knauer, E. Rühl, V. Zeisberg, A. Skornia, A. Bartsch, A. Ströbel, M. Wytopil, C. Merkel, S. Hofmann, K. G. Schmidt, P. Lakatos, J. Schottenhamml, M. Herrmann, C. Mardin and J. Rech (2024). Safety, tolerability and clinical effects of BC007 (Rovunaptabin) on fatigue and quality of life in patients with post-COVID syndrome (reCOVer): a prospective, exploratory, randomised, placebo-controlled, double-blind, crossover phase IIa clinical trial. medRxiv.](https://www.medrxiv.org/content/10.1101/2024.12.13.24318856v1) | Jan 2025 |
| [Nakamura K, Kondo K, Oka N, Yamakawa K, Ie K, Goto T, et al. Donepezil for Fatigue and Psychological Symptoms in Post-COVID-19 Condition: A Randomized Clinical Trial. JAMA network open.8(3):e250728.](https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2831649) | Mar 2025 |
| [Sawano, M., B. Bhattacharjee, C. Caraballo, R. Khera, S. X. Li, J. Herrin, D. Christian, A. Coppi, F. Warner, J. Holub and et al. (2025). Nirmatrelvir–ritonavir versus placebo–ritonavir in individuals with long COVID in the USA (PAX LC): a double-blind, randomised, placebo-controlled, phase 2, decentralised trial.](https://www.thelancet.com/journals/laninf/article/PIIS1473-3099%2825%2900073-8/fulltext) | Apr 2025 |
| [Topical Glutamate Diacetate: A Promising Therapy for Post-Coronavirus Disease 2019 Olfactory Dysfunction Through Calcium Modulation - Majed A. Algarni, Mohammed S. Alharthi, Fahad H. Baali, Abdulaziz I. Alzarea, Adnan Alharbi, Wadia S. Alruqayb, Ahmed H. Abdelazim, Mohamed H. Abdelazim, 2025](https://journals.sagepub.com/doi/10.1177/19458924251347727?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%20%200pubmed) | **June 2025** |
| [Intra-nasal Disodium Orthophosphate Is Beneficial in Improving Olfactory Dysfunction Post COVID-19 - Mohamed S. Imam, Manal A. A. Alghamdi, Jasmine N. A. Albukhari, Shoug M. I. AlAtawi, Dhai T. M. Altuwariqi, Jood A. H. Mashoon Shen, Shahad A. H. Mathkoor, Bayan S. Al Talhi, Raghad S. Alosaimi, Ghada A. Alzahrani, Rahaf S. Althobaity, Shomokh A. M. Alhothly, Yahia M. A. Dawood, Mahmoud E. Alsobky, 2025](https://journals.sagepub.com/doi/10.1177/00034894251344011) | **June 2025** |

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| Non-pharmacological interventions = 152 |
| Physical activity and physical therapy n=59 |
| [Ahmad AM, Mohamed Awad Allah SA, Abd Elhaseeb GA, Elsharawy DE, Ahmed HS, Mohamed Abdelwahab MA. Effects of conventional versus virtual reality-simulated treadmill exercise on fatigue, cognitive function, and participant satisfaction in post-COVID-19 subjects. A randomized trial. J Exerc Sci Fit. 2024;22(4):316-21.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC11098941/pdf/main.pdf) | pre July 2024 |
| [Alsharidah A, Kamel F, Alanazi A, Alhawsah E, Alharbi H, Alrshedi Z, et al. A Pulmonary Telerehabilitation Program Improves Exercise Capacity and Quality of Life in Young Females Post-COVID-19 Patients. Annals of rehabilitation medicine. 2023;47:502-10.](https://www.e-arm.org/upload/pdf/arm-23060.pdf%20https%3A//doi.org/10.5535/arm.23060%20https%3A//www.ncbi.nlm.nih.gov/pmc/articles/PMC10767219/pdf/arm-23060.pdf) | pre July 2024 |
| [Berenguel Senén A, Gadella Fernández A, Godoy López J, Borrego Rodríguez J, Gallango Brejano M, Cepas Guillén P, et al. Functional rehabilitation based on therapeutic exercise training in patients with postacute COVID syndrome (RECOVER). Revista espanola de cardiologia (English ed). 2023;77:167-75.](https://www.sciencedirect.com/science/article/pii/S188558572300261X?via%3Dihub) | pre July 2024 |
| [Bileviciute-Ljungar I, Norrefalk J, Borg K. Improved Functioning and Activity According to the International Classification of Functioning and Disability after Multidisciplinary Telerehabilitation for Post-COVID-19 Condition-A Randomized Control Study. Journal of clinical medicine. 2024;13:970-](https://www.mdpi.com/2077-0383/13/4/970/pdf?version=1707372954%20https://doi.org/10.3390/jcm13040970). | pre July 2024 |
| [Calvo-Paniagua J, Díaz-Arribas MJ, Valera-Calero JA, Ramos-Sánchez M, Fernández-de-Las-Peñas C, Navarro-Santana MJ, et al. An Educational, Exercise and Occupational Therapy-Based Telerehabilitation Program versus 'Wait-and-See' for Improving Self-Perceived Exertion in Patients with post-COVID Fatigue and Dyspnea: A Randomized Clinical Trial. Am J Phys Med Rehabil. 2024.](https://journals.lww.com/ajpmr/fulltext/2024/09000/educational%2C_exercise%2C_and_occupational.5.aspx) | pre July 2024 |
| [Çelik Z, Kafa N, Güzel NA, Köktürk N. The effects of physical activity tele-counseling intervention on physical activity, functional performance, and quality of life in post-COVID-19 conditions: a randomized controlled trial. Expert Rev Respir Med. 2024.](https://www.tandfonline.com/doi/abs/10.1080/17476348.2024.2363862?casa_token=Ye4b4OJQRDUAAAAA:EEdS0PXmgbSL6QUUzVdioqeXPSuyUm_VHQyaQemaVL1-6H5uoqr_iMNShmea8KxHaAOLQpM4d4fqkw) | pre July 2024 |
| [Del Corral T, Fabero-Garrido R, Plaza-Manzano G, Fernández-de-Las-Peñas C, Navarro-Santana M, López-de-Uralde-Villanueva I. Home-based respiratory muscle training on quality of life and exercise tolerance in long-term post-COVID-19: Randomized controlled trial. Ann Phys Rehabil Med. 2023;66(1):101709.](https://www.sciencedirect.com/science/article/pii/S1877065722000811) | pre July 2024 |
| [Espinoza-Bravo C, Arnal-Gómez A, Martínez-Arnau FM, Núñez-Cortés R, Hernández-Guillén D, Flor-Rufino C, et al. Effectiveness of Functional or Aerobic Exercise Combined With Breathing Techniques in Telerehabilitation for Patients With Long COVID: A Randomized Controlled Trial. Phys Ther. 2023;103(11).](https://academic.oup.com/ptj/article/103/11/pzad118/7258918?login=false) | pre July 2024 |
| [Lai CY, Lin CH, Chao TC, Chang CC, Huang CY, Chiang SL. Effectiveness of a 12-week telerehabilitation training in people with long COVID: A randomized controlled trial. Ann Phys Rehabil Med. 2024;67(5):101853.](https://www.sciencedirect.com/science/article/abs/pii/S187706572400037X) | pre July 2024 |
| [M K, A B, L D, P G, B D, P dT, et al. Feasibility of a Group-Based Telerehabilitation Intervention for Long COVID Management. ResearchSquare. 2022.](https://europepmc.org/article/ppr/ppr473531) | pre July 2024 |
| [McGregor G, Sandhu H, Bruce J, Sheehan B, McWilliams D, Yeung J, et al. Clinical effectiveness of an online supervised group physical and mental health rehabilitation programme for adults with post-covid-19 condition (REGAIN study): multicentre randomised controlled trial. Bmj. 2024;384:e076506.](https://www.bmj.com/content/384/bmj-2023-076506.short) | pre July 2024 |
| [Okan F, Okan S, Duran Yücesoy F. Evaluating the Efficiency of Breathing Exercises via Telemedicine in Post-Covid-19 Patients: Randomized Controlled Study. Clin Nurs Res. 2022;31(5):771-81.](https://journals.sagepub.com/doi/abs/10.1177/10547738221097241) | pre July 2024 |
| [Pleguezuelos E, Del Carmen A, Moreno E, Miravitlles M, Serra M, Garnacho-Castaño M. Effects of a telerehabilitation program and detraining on cardiorespiratory fitness in patients with post-COVID-19 sequelae: A randomized controlled trial. Scandinavian journal of medicine & science in sports. 2023;34:e14543.](https://onlinelibrary.wiley.com/doi/abs/10.1111/sms.14543) | pre July 2024 |
| [Pleguezuelos E, Del Carmen A, Moreno E, Serra-Prat M, Serra-Payá N, Garnacho-Castaño MV. Telerehabilitation improves cardiorespiratory and muscular fitness and body composition in older people with post-COVID-19 syndrome. J Cachexia Sarcopenia Muscle. 2024.](https://onlinelibrary.wiley.com/doi/full/10.1002/jcsm.13530) | pre July 2024 |
| [Samper-Pardo M, León-Herrera S, Oliván-Blázquez B, Méndez-López F, Domínguez-García M, Sánchez-Recio R. Effectiveness of a telerehabilitation intervention using ReCOVery APP of long COVID patients: a randomized, 3-month follow-up clinical trial. Scientific reports. 2023;13:7943.](https://www.nature.com/articles/s41598-023-35058-y) | pre July 2024 |
| [Samper-Pardo M, Oliván-Blázquez B, León-Herrera S, Sánchez-Arizcuren R, Casado-Vicente V, Sánchez-Recio R. Effectiveness of ReCOVery APP to improve the quality of life of Long COVID patients: a 6-month follow-up randomized clinical trial. 2023.](https://www.medrxiv.org/content/10.1101/2023.08.30.23294831v1) | pre July 2024 |
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