Diagnostic Approach: Athletes with Persistent or Late Onset Post-COVID Symptoms

Athlete with Acute COVID-19
- Quarantine as per local Public Health Requirements
- Avoidance of exercise during quarantine

Resolution of Any Acute Cardiopulmonary Symptoms?

Yes
- Yes
- Follow RTP protocol with cardiac screening if appropriate

No
- No
- New Cardiopulmonary Symptoms on Return to Exercise?

Yes
- Yes
- Successful RTP

No
- No
- Persistent Cardiopulmonary Symptoms

Late-Onset Cardiopulmonary Symptoms

Athlete with Persistent or Late-Onset Cardiopulmonary Symptoms

Detailed History & Physical Examination
- Obvious explanatory diagnosis evident

Yes
- Yes
- Consider Inflammatory Heart Disease

No
- No
- Initial Testing
- ECG
- TTE
- Labs
- CPET
- Others as clinically indicated

High Suspicion
- Abnormal initial testing OR
- Normal initial testing but concerning clinical features

CMR Exam
- If imaging and history consistent with clinical presentation or myocarditis, follow established RTP guidelines

Low Suspicion
- Normal ECG, hs-Troponin & TTE with:
  - No exertional symptoms
  - >3 months since COVID-19 diagnosis
  - Alternate diagnosis evident on testing

- Treatment of other diagnoses
- Specialist / PACS clinic referral as appropriate
- Gradual RTP
- Close follow-up

- Focused confirmatory testing as needed and management