

Definitions:

Chronic obstructive pulmonary Disease (COPD):

It is a blanket term used for a progressive lung disease including emphysema, chronic bronchitis, non-reversible asthma, and some forms of bronchiectasis.

Asthma: It is a chronic lung disease that inflames and narrows the airways of the lungs.



General signs and symptoms:

- Increasing breathlessness
- Frequent cough (with or without sputum)
- Wheezing
- Tightness of the chest

The Goals of COPD treatment:

- Relieving your symptoms
- Slowing down the progression of the disease
- Improving exercise tolerance or your ability to stay active
- Preventing and treating complications
- Improving your overall health

Treatment Options:

- Oxygen Therapy
- Lifestyle Changes
- Medications
- Pulmonary Rehabilitation

***Consult your Physician about your treatment options**



Disclaimer: Information given in this brochure is purely to make people aware of COPD and the treatment options available to them. Consult your doctor or physiotherapist if you feel an increase in symptoms.

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COPD

Chronic Obstructive Pulmonary Disease



***The following will be explained by your physiotherapist**

Use the following techniques when you are short of breath (SOB)

Put yourself in a relaxed breathing position as below



Use the active cycle of breathing technique (ACBT)

- Breathe slowly for 20-30sec
- Take 3-4 Deep Breaths
- Breathe slowly for 20-30sec
- Take 3-4 Deep Breaths
- Breathe slowly for 20-30sec
- Huff followed by cough if needed
- Start cycle over again

Pursed-lip breathing



Pursed lip breathing can slow down your breathing rate and reduce the work of breathing by keeping the airways open for longer. To practice the pursed lip breathing technique:

- Inhale slowly through your nose
- Purse your lips as if pouting or kissing
- Breathe out through your mouth slowly (this should take twice as long as inhaling)
- Repeat

Diaphragmatic breathing

- Relax your shoulders and sit or lie down.
- Place one hand on your stomach and one hand on your chest
- Inhale through your nose and feel your stomach rise more than your chest
- Breathe out for 2 seconds with pursed lips while pressing on your stomach
- Repeat



Numbered breathing

This can benefit anyone looking to increase their lung capacity. Numbered breathing requires you to breathe in and out through an increasing numbered counts

- Stand/Sit still and take a deep breath with your eyes closed
- Force all the air out with the exhale
- As you inhale again picture the number one
- Thereafter picture the number one and two
- Continue with increasing numbers

All techniques should be done in consultation with your healthcare practitioner.