

PT CENTRE



PHYSIO IS

YOUR

PRIMARY VENTILATOR



LET'S KNOW

HOW ??

P H Y S I O V A L L E Y

Breathing Exercises is the Answer

We All Are Searching For !!

Yes You Heard it Right!! 😊

As it..

- Improve Ventilation .
- Teach Patient how to deal with episodes of Dyspnea.
- Correct Abnormal Breathing Patterns and Decreases the work of Breathing.
- Improve the strength Endurance coordination of the Muscles of Ventilation.

How Breathing Exercise is Helpful in

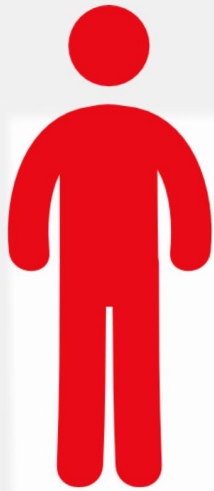
COVID -19 Patients ?



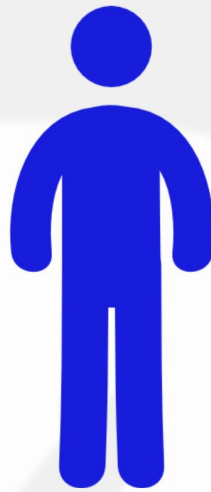
Breathing exercise are the fundamental interventions for the prevention for Acute and Chronic Pulmonary Disease. Studies indicate that Breathing Exercise and Ventilatory training have Affect and Alert a Patients rate and Depth of Ventilation ,So these techniques is used to improve the pulmonary status and increase patients overall Endurance.

PHYSIO VALLEY

VARIOUS STAGES OF INFECTION IN A PERSON OF COVID-19.



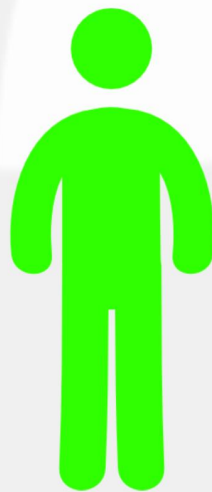
1
Ventilatory Patient



2
Symptomatic



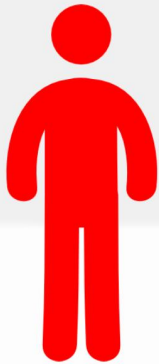
3
Asymptomatic



4
Home Quarantined

TYPES OF BREATHING EXERCISES IN COVID -19 PATIENT

Ventilatory Patient



**Glossopharyngeal
Breathing**

Along with other
Breathing exercises

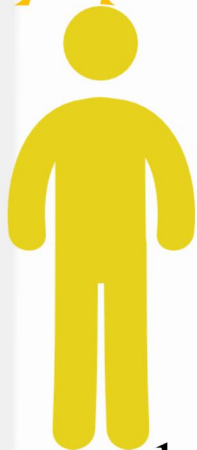
Symptomattic



**Pursed lip and
Segmental
Breathing**

Along with other
Breathing exercises

Asymptomatic



**Segmental and
Diaphragmatic
Breathing**

Along with other
Breathing exercises

Healthy /Home Quarntine



**Deep
Breathing**

Along with other
Breathing exercises

EXPLANATION OF BREATHING EXERCISES FOR COVID PATIENTS

For Ventilatory Patients



• Glossopharyngeal Breathing

- * It is used for ventilatory dependent patients due to absent or incomplete innervation of diaphragm.
- * It is means of increasing a patients inspiratory capacity when there is severe muscle weakness of inspiration.
- * It can reduce ventilatory dependence of patient muscle with inspiratory action of neck muscles.

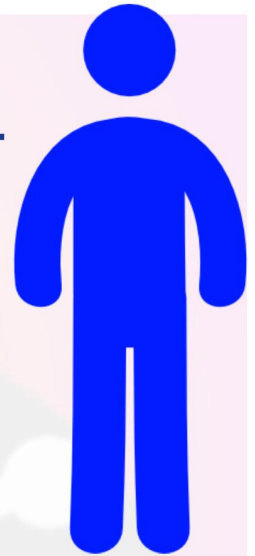
Procedure :

Ask patient to take several gulps of air (6, to 11) then by closing the mouth the tongue pushes the air back and trap it in the pharynx the air is then forced to lungs when the glottis is opened.

For Symptomatic Patients

- Pursed lip Breathing
- Segmental Breathing

• Pursed lip Breathing



- * It is a strategy that involves lightly pursing the lips together during controlled exhalation .
- * It helps to improve Ventilation and Releases trapped air in lungs .
- * Taught to patients with episodes of Dyspnea .

Procedure :

- * Make patient to sit in Comfortable and relaxed position.
- * Ask the patient to breathe in slowly and deeply through the nose and then breathe out gently through lightly pursed lips (like blowing the flame of candle.)
- * It can be applied as a 3-5 minutes "Rescue Exercises " In cases of Dyspnea .

•Segmental Breathing

It is performed on a segment of lung, or a section of chest wall for increasing ventilation of that particular Area. It will be important to emphasize expansion of such areas of the lungs and chest wall.

Techniques

Lateral costal Expansion

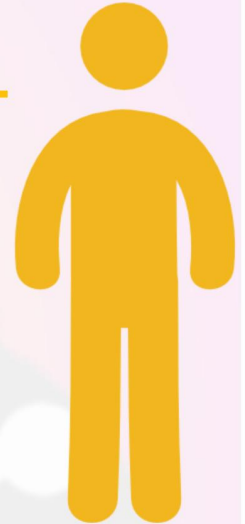
Posterior Basal Expansion

Right Middle lobe

Apical Expansion

For Asymptomatic Patients

- Diaphragmatic Breathing
- Segmental Breathing



Diaphragmatic Breathing

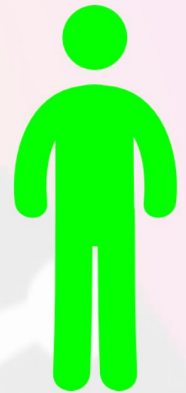
- *Diaphragm is the primary Muscle for breathing.
- *A patient with primary pulmonary disease can be taught breathing control by optimal use of diaphragm and relaxation of other muscles.

Procedure:

- * Prepare the patient in relaxed and comfortable position.
- *Stop if any accessory muscle activation seen.
- *Place hand over the rectus abdominis muscle and ask patient to breathe slowly and deeply via a nose by keeping shoulder relaxed and ask him to slowly let the air out through mouth .

For Healthy /Home Quarntine

- Practice Deep Breathing
- Do yoga and pranayam,
- Try various breathing exercises like extend exhale, lion's breathe.



Procedure for Deep Breathing :

Get comfortable, you can lie on back breathe in through nose, let belly fill with air.

Breathe out through nose.

Place one hand over belly .

As you breathe in, feel your belly rise .

Repeat and take more Deep Breaths 😊

Procedure for Extend Exhale :

Breathe in through the nose for five counts, pause and then breathe out through nose for seven counts.

Repeat it 😊