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HOW PHYSIOTHERAPISTS CAN HELP PEOPLE WITH COPD

Physiotherapy involves supporting people to manage symptoms, including breathlessness, airway clearance and low activity levels. Treatments may include:

- positioning to clear phlegm and manage breathlessness
- breathing exercises - sometimes using devices, like positive expiratory pressure devices
- review of inhaler technique
- active aerobic and strengthening exercises
- information about COPD and symptoms
- pulmonary rehabilitation

TIP:

Try to exercise every day!

Work with your Physiotherapist to identify some exercises that you can perform most days – these could be chair-based exercises, walking, dancing, cycling or even a full pulmonary rehabilitation programme.

RESOURCE:

Exercise, COPD & Me on
www.copd.ie