

general advice for a fit and healthy heart and lungs



- **Do not smoke**
- **Take a gentle walk every day at a comfortable pace that allows you to talk as you walk**
- **Every morning, to inflate your lungs, take 5 to 10 deep relaxed breaths (as long as you don't feel dizzy)**
- **To improve your posture do the following exercises every day:**

1 TRUNK ROTATION

Sit on a chair with arms folded. Rotate trunk to the right and then to the left. Repeat the exercise 5 to 10 times to each side

2 SHOULDER ELEVATION

Sit on a chair and raise both arms above your head and let them down again. Repeat this 5 to 10 times

Do not do these exercises if they cause pain or severe breathlessness

PHYSIOTHERAPY

general information

Chartered physiotherapists are health professionals allied to the medical profession and carry a university qualification. They use physical means of treatment such as joint manipulation/mobilisation techniques, electrotherapy and exercises. If you wish to consult a physiotherapist you can go directly to your local chartered physiotherapist or ask your GP to refer you. Chartered physiotherapists work in hospitals and in the community where treatment is covered under the public health service. They also work in private practice and can be contacted through the professional body or through the yellow pages.

medical insurance

Fees for physiotherapy in private practice qualify for refund under most health insurance schemes including VHI and BUPA.



This leaflet has been produced by the Irish Society of Chartered Physiotherapists and Chartered Physiotherapists in Respiratory Care with funding from the Health Promotion Unit



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PHYSIOTHERAPY

CHARTERED
PHYSIOTHERAPISTS
**YOU'RE IN
SAFE HANDS**



IRISH SOCIETY OF
CHARTERED PHYSIOTHERAPISTS
PROFESSIONAL BODY

AND YOUR
HEART AND LUNGS

Heart and lung problems occur at all age groups for a variety of different reasons. Many of these problems can benefit from the advice of a chartered physiotherapist.

This information leaflet outlines the conditions that may be helped by physiotherapy and gives some tips on how you can help yourself if you have a chest complaint



which heart and lung conditions do chartered physiotherapists treat?

The heart and lung problems that physiotherapists treat include *asthma, acute and chronic bronchitis,*

bronchiectasis, emphysema and chest infections.

Chartered physiotherapists also treat people before and after heart surgery, after a heart attack and people who have angina.



how do you know you have a heart or lung problem?

Some of the common symptoms that people with lung or heart problems experience include breathlessness, excessive production of sputum (phlegm) with a resulting chronic cough, poor ability to tolerate exercise and poor posture.

how can a chartered physiotherapist help?

Chartered physiotherapists are specifically trained to treat many conditions which affect the lungs and heart. If you think you have a lung or heart problem, consult your doctor who will refer you to a chartered physiotherapist if it is appropriate.

Chartered physiotherapists can help people who have the above mentioned conditions with:

- treatment techniques designed to clear the excess secretions in the lungs
- treatment techniques designed to fully inflate the lungs
- individually devised exercise programmes to promote a fitter heart
- exercises devised to improve posture

All of these treatments are designed to make the person first of all more comfortable and second of all more physically able for daily activities.