

Bronchiectasis is a lung condition with abnormal permanent airway dilatation. It is a recurrent cough and colds. Not usually progressive or life threatening complication. Should it be progressive then will need aggressive management.

Infections like TB need to be excluded prior to starting treatment for bronchiectasis. Regular bronchial hygiene and exercise is extremely helpful. As needed appropriate inhalers used for symptom management.

Breathing Exercises in Airway diseases



BREATHE FIT LIVE FIT



CHEST CARE CLINIC, KHARGHAR

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SPECIALIST**

**TIMINGS: MON TO SAT , 10:00 AM TO 1:00 PM
AND 5:00 PM TO TO 9:00 PM.
SUNDAY CLOSED**

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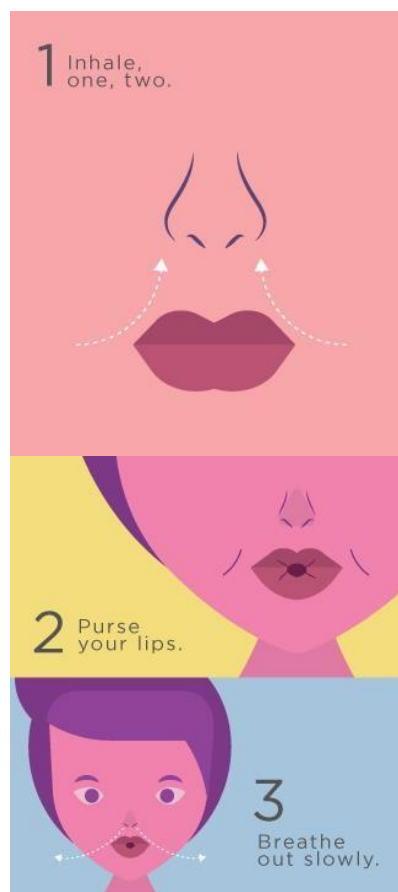
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Airway diseases include the diseases which lead to swelling in and around the airways called bronchus inside the lungs. This may be referred to as the bronchitis/ asthma/ bronchiectasis / COPD/ other associated lung disorders.

Common to these conditions is that they interfere with the individual's ability to breathe well. Common symptoms include the wheezing, chest tightness, shortness of breath and accumulation of large amounts of mucus and cough. When practised daily, the exercises will help reduce the effort of breathing during daily activities. Exercises can help feel more energetic overall.

1. **PURSED LIP BREATHING.**
2. **COORDINATED BREATHING.**
3. **DEEP BREATHING.**
4. **HUFF COUGH.**



According to the Cleveland Clinic, pursed lip breathing has a range of benefits:

- It's been shown to reduce how hard a person has to work to breathe.
- It helps release air trapped in the lungs.
- It promotes relaxation.
- It reduces shortness of breath.

Practicing this technique 4 to 5 times daily can help. Here's how to practice pursed lip breathing:

- While keeping your mouth closed, take a deep breath in through your nose, counting to 2. Follow this pattern by

Pursed lip breathing

repeating in your head “inhale, 1, 2.” The breath does not have to be deep. A typical inhale will do.

- Put your lips together as if you are starting to whistle or blow out candles on a birthday cake. This is known as “pursing” your lips.
- While continuing to keep your lips pursed, slowly breathe out by counting to 4. Don’t try to force the air out, but instead breathe out slowly through your mouth.

Exercise tip: Pursed lip breathing is best for performing strenuous activities, such as climbing stairs.

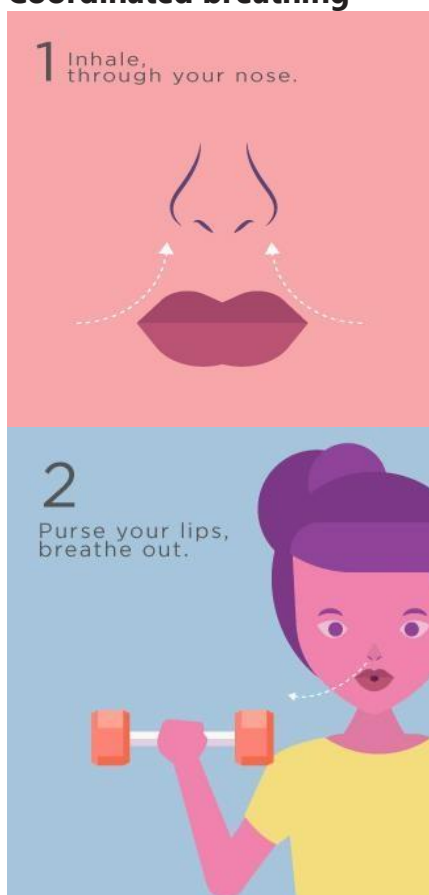
Feeling short of breath can cause anxiety that makes you hold your breath. To prevent this from occurring, you can practice coordinated breathing using these two steps:

- Inhale through your nose before beginning an exercise.
- While pursing your lips, breathe out through your mouth during the most strenuous part of the exercise. An example could be when curling upward on a bicep curl.

Exercise tip: Coordinated breathing can be performed when you’re exercising or feeling anxious.

Deep breathing

Coordinated breathing



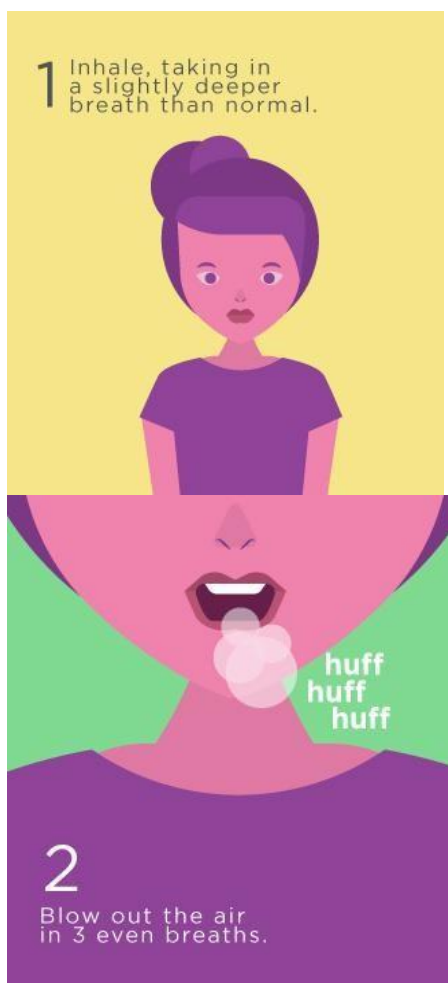


- Sit or stand with your elbows slightly back. This allows your chest to expand more fully.
- Inhale deeply through your nose.
- Hold your breath as you count to 5.
- Release the air via a slow, deep exhale, through your nose, until you feel your inhaled air has been released.

Exercise tip: It's best to do this exercise with other daily breathing exercises that can be performed for 10 minutes at a time, 3 to 4 times per day.

Huff cough

Deep breathing prevents air from getting trapped in your lungs, which can cause you to feel short of breath. As a result, you can breathe in more fresh air. Here's how to practice deep breathing:



When you have COPD, mucus can build up more easily in your lungs. The huff cough is a breathing exercise designed to help you cough up mucus effectively without making you feel too tired. Here's how to practice the huff cough:

- Place yourself in a comfortable seated position. Inhale through your mouth, slightly deeper than you would when taking a normal breath.
- Activate your stomach muscles to blow the air out in three even breaths while making the sounds "ha, ha, ha." Imagine

you are blowing onto a mirror to cause it to steam.

Exercise tip: A huff cough should be less tiring than a traditional cough, and it can keep you from feeling worn out when coughing up mucus.

Diaphragmatic breathing



The diaphragm is an important muscle involved in the work of breathing. People with COPD tend to rely more on the accessory muscles of the neck, shoulders, and back to breathe, rather than on the diaphragm. Diaphragmatic or abdominal breathing helps to retrain this muscle to work more effectively. Here's how to do it:

- While sitting or lying down with your shoulders relaxed, put a hand on your chest and place the other hand on your stomach.
- Take a breath in through your nose for 2 seconds, feeling your stomach move outward. You're doing the activity correctly if your stomach moves more than your chest.
- Purse your lips and breathe out slowly through your mouth, pressing lightly on your stomach. This will enhance your diaphragm's ability to release air.
- Repeat the exercise as you are able to.

Exercise tip: This technique can be more complicated than the other exercises, so it's best for a person with a little more practice under their belt. If you're having difficulty, talk to your doctor or respiratory therapist.

Conclusion

According to *American Academy of Family Physicians (AAFP)*, those with COPD who use breathing exercises experience greater improvements in exercise capacity than those who do not. The AAFP says that other potential benefits include reduced shortness of breath and improved quality of life.

"People with COPD can experience panic attacks at a higher rate than the general public. To help with panic attacks, an individual with COPD can try breathing techniques, meditation, distraction techniques, or counseling services. One breathing technique that can be helpful is pursed lip breathing. With pursed lip breathing, you inhale through your nose and exhale through your mouth. This technique can be relaxing during panic attacks."

Dr. Vishal and Dr. Deepika emphasise on the need for exercise with proper medication in all our patient. It is important to address the role of the medicine and supplementary excercises in patients at CHEST CARE CLINIC KHARGHAR.

Regular exercise is the key to avoiding and preventing Lung Diseases..

**Dr. Vishal Gupta... Chest Specialists
CHEST CARE CLINIC,
KHARGHAR.**