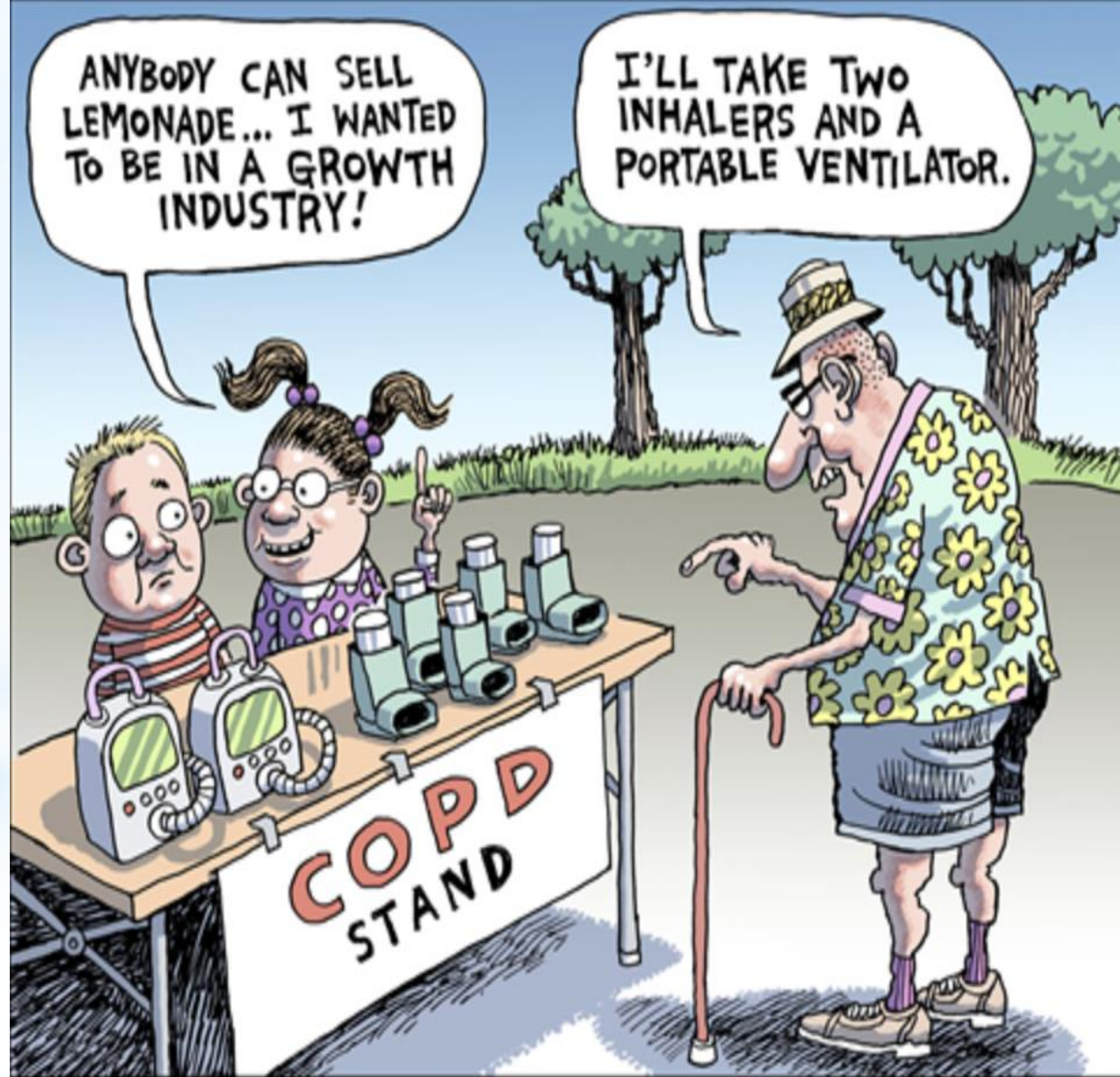


MISSION COPD



RUTH DE VOS

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SENIOR RESPIRATORY PHYSIOTHERAPIST

TODAY'S DISCUSSION TOPICS

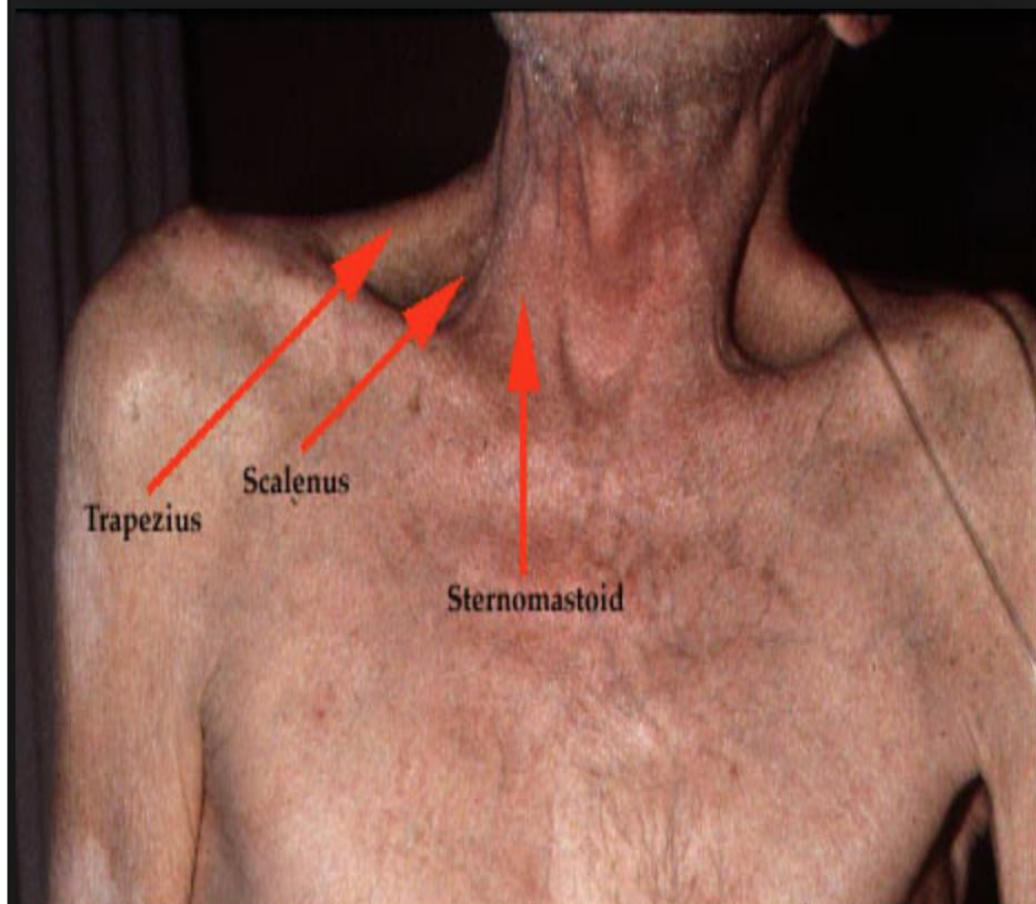
- * BREATHING CONTROL EXERCISES
- * BREATHING TECHNIQUES
- * RELIEVING BREATHLESSNESS
- * CLEARING SPUTUM
- * PULMONARY REHABILITATION

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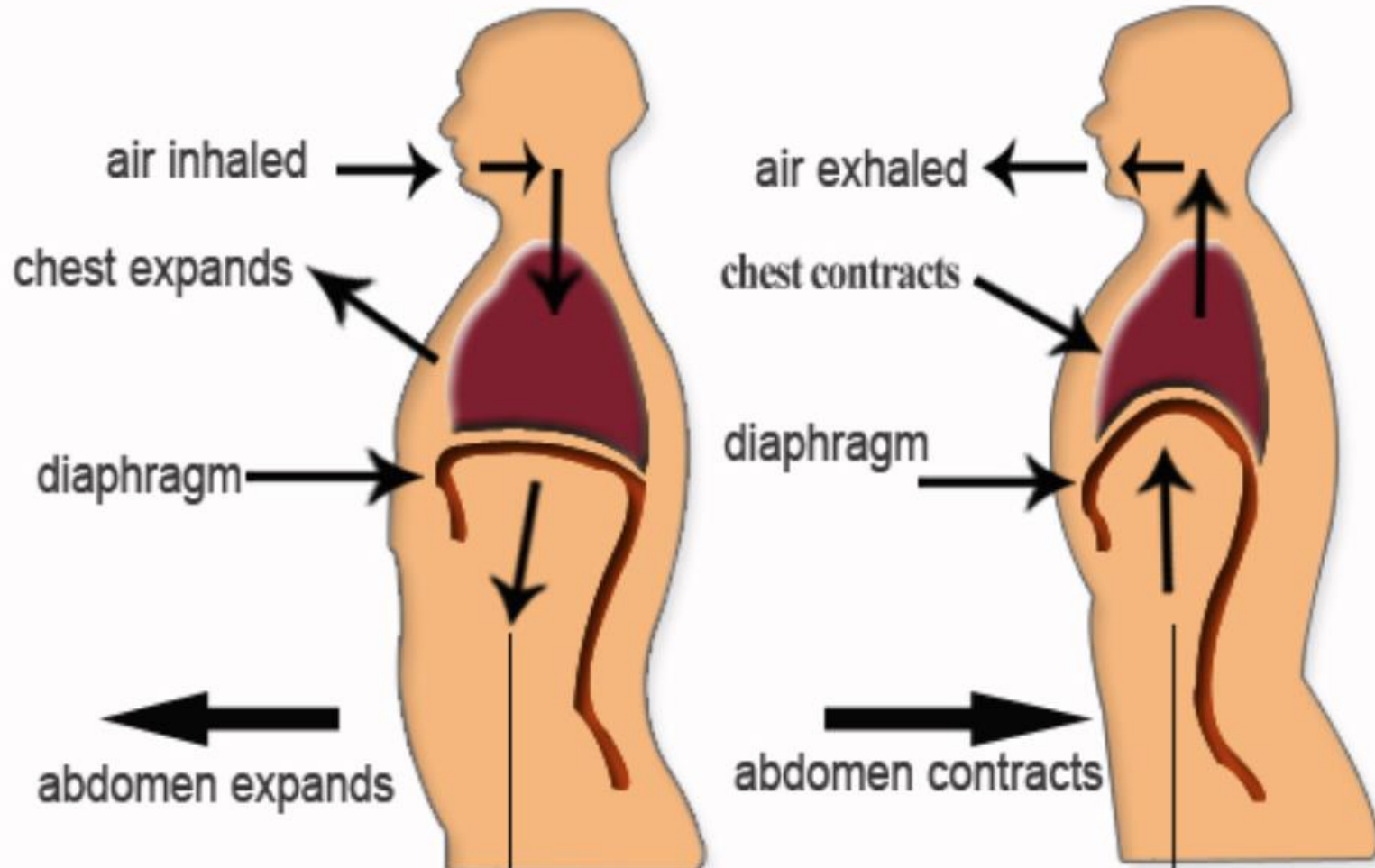


**BE
CALM?
WE
CAN'T
BREATHE**

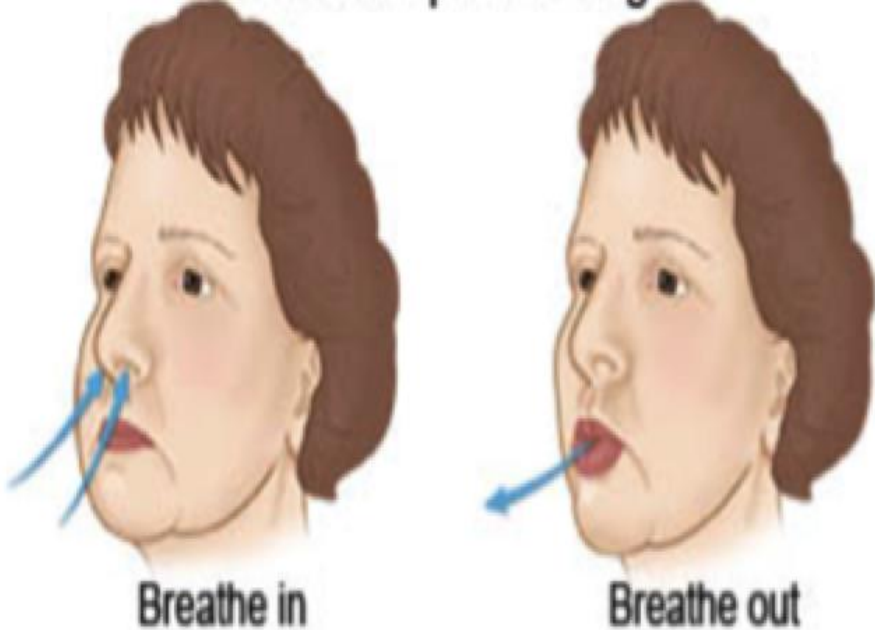


Breathing in

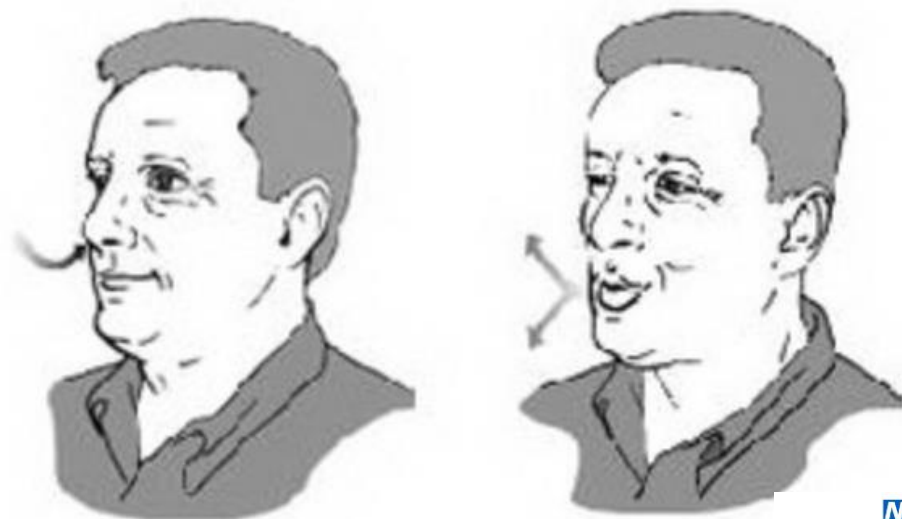
Breathing out



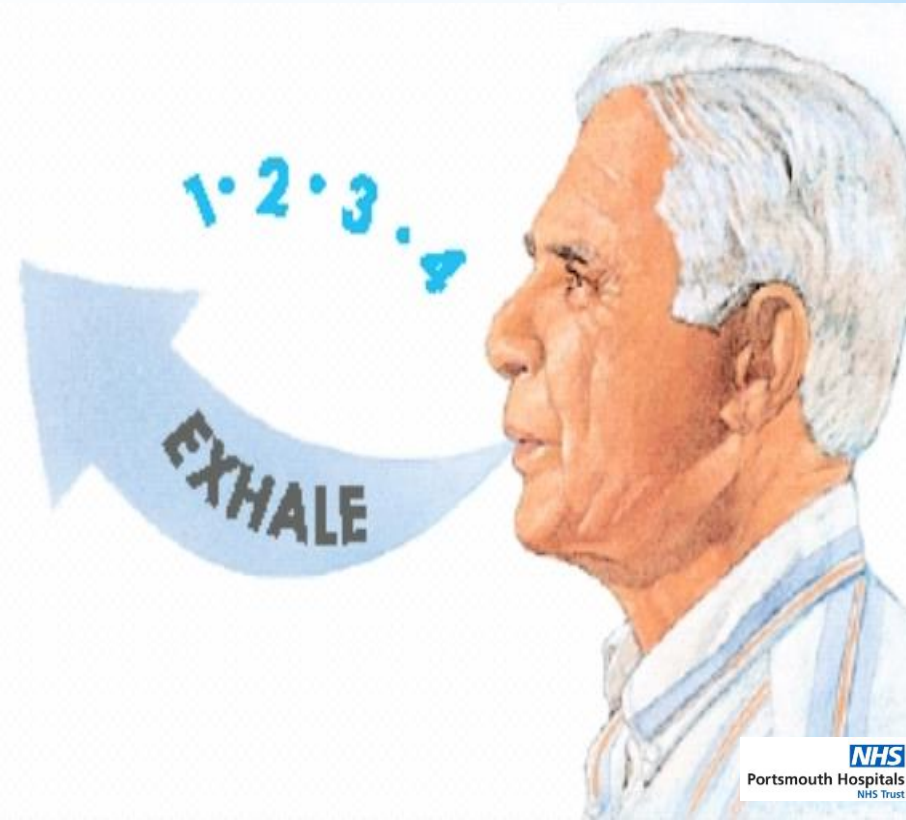
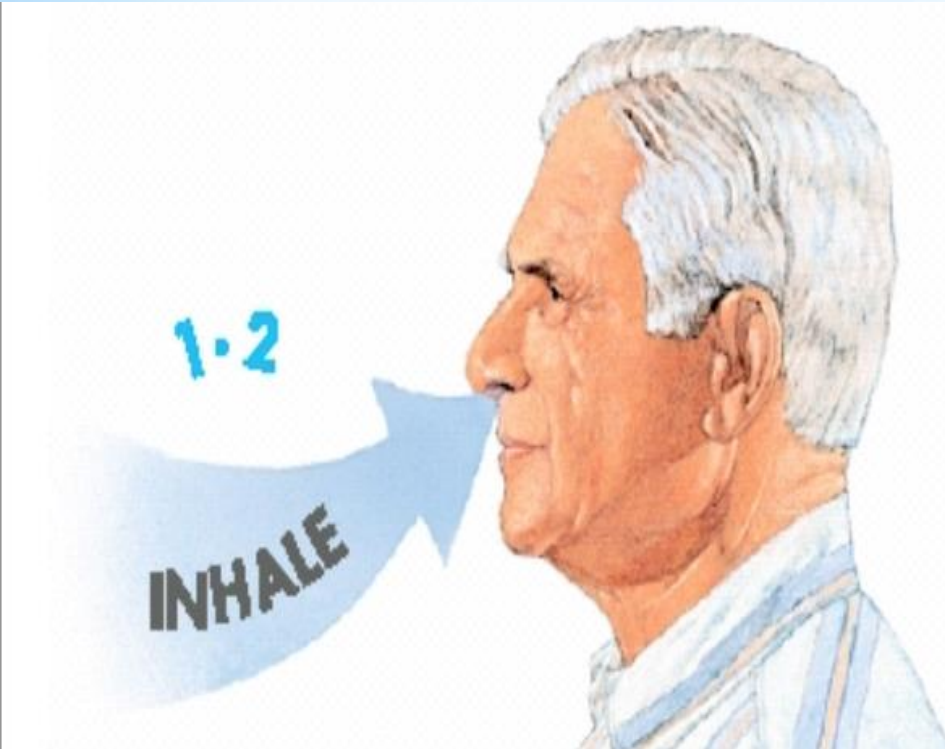
BREATHING CONTROL

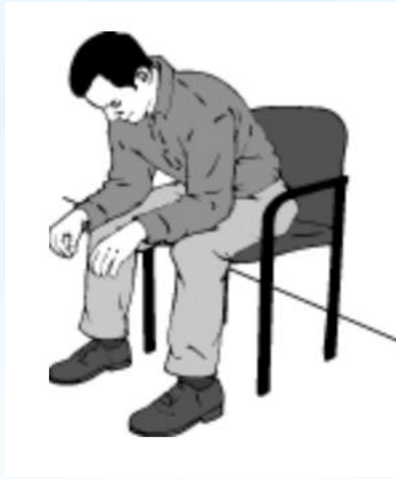


PURSED LIP BREATHING



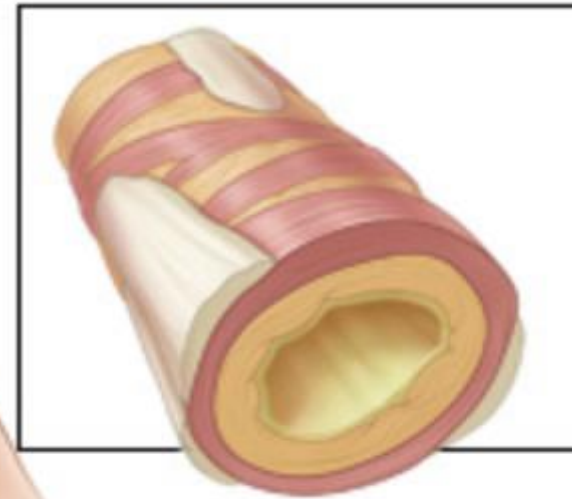
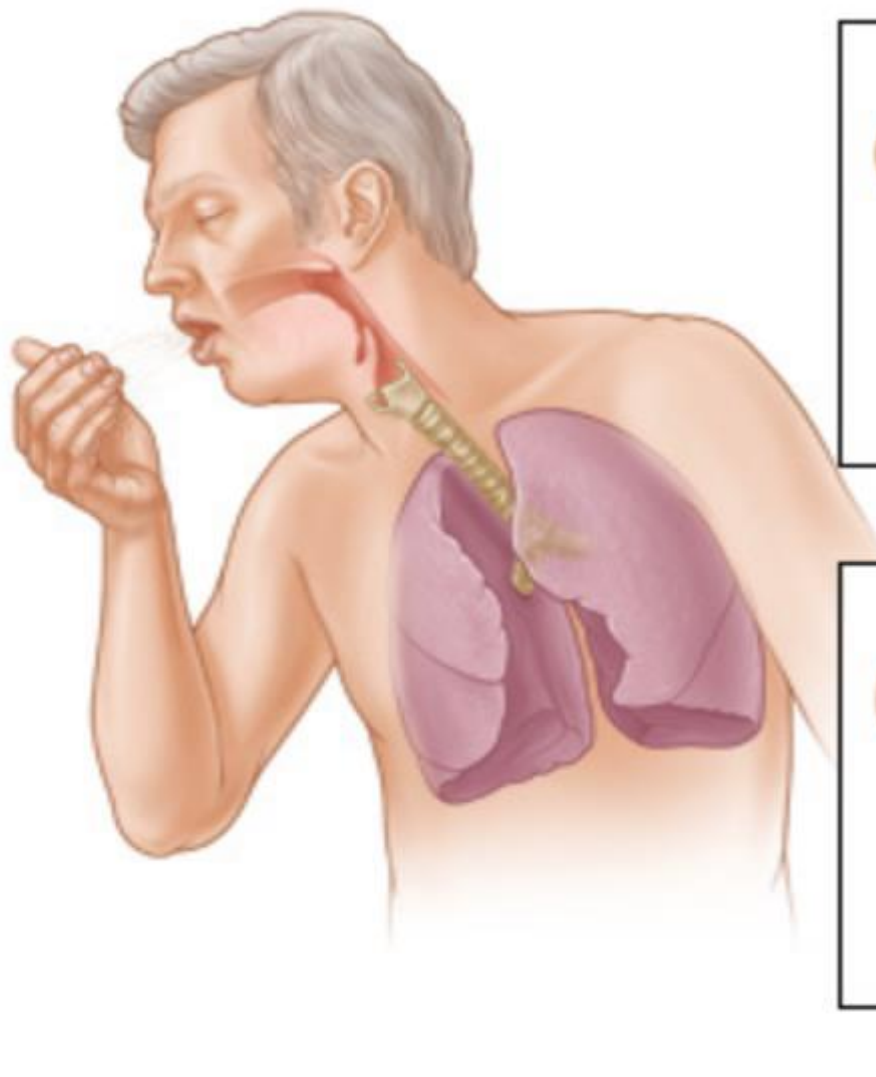
BLOW AS YOU GO





POSITIONS TO RELAX WHEN YOU HAVE SHORTNESS OF BREATH





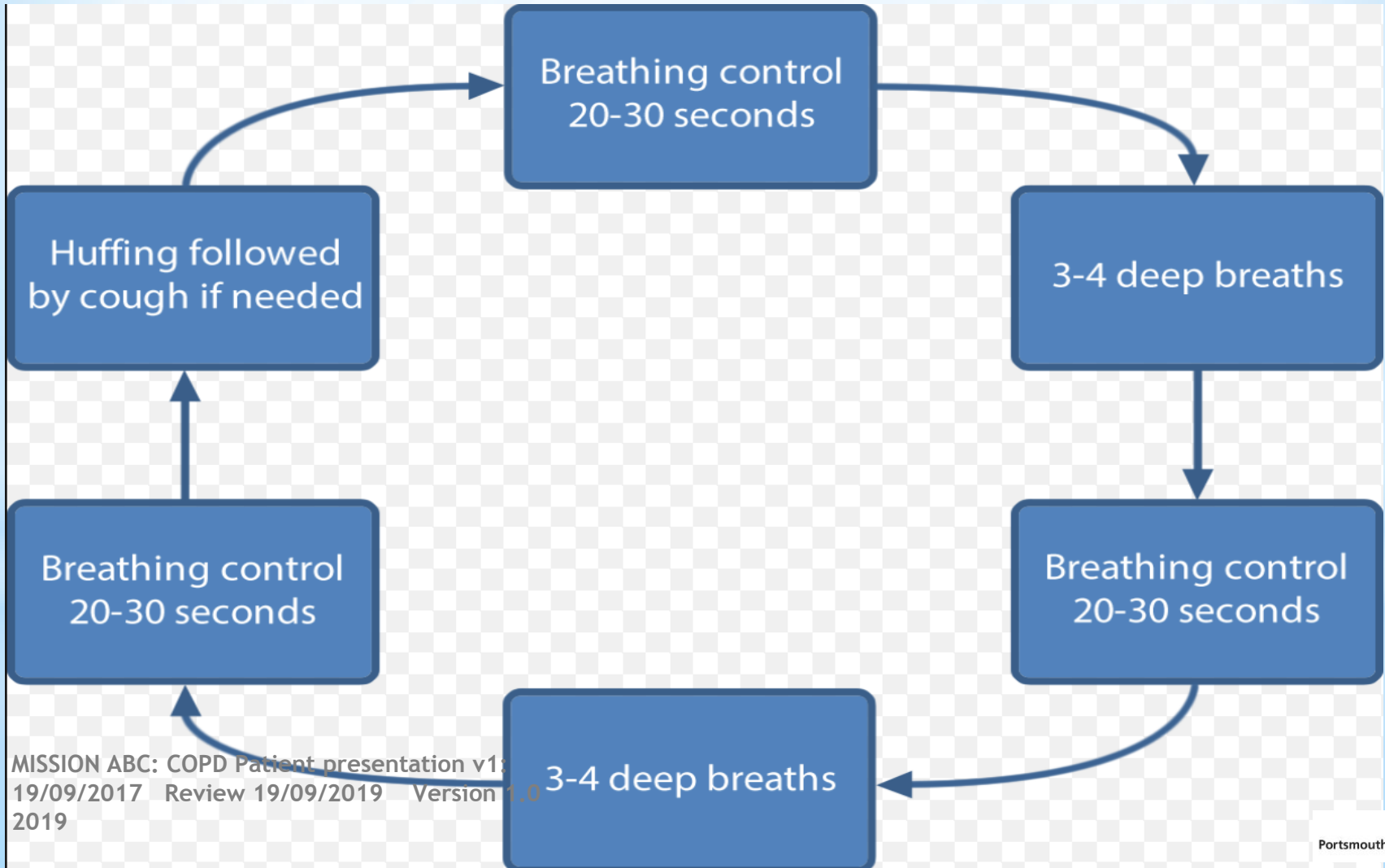
Normal
bronchial
tube

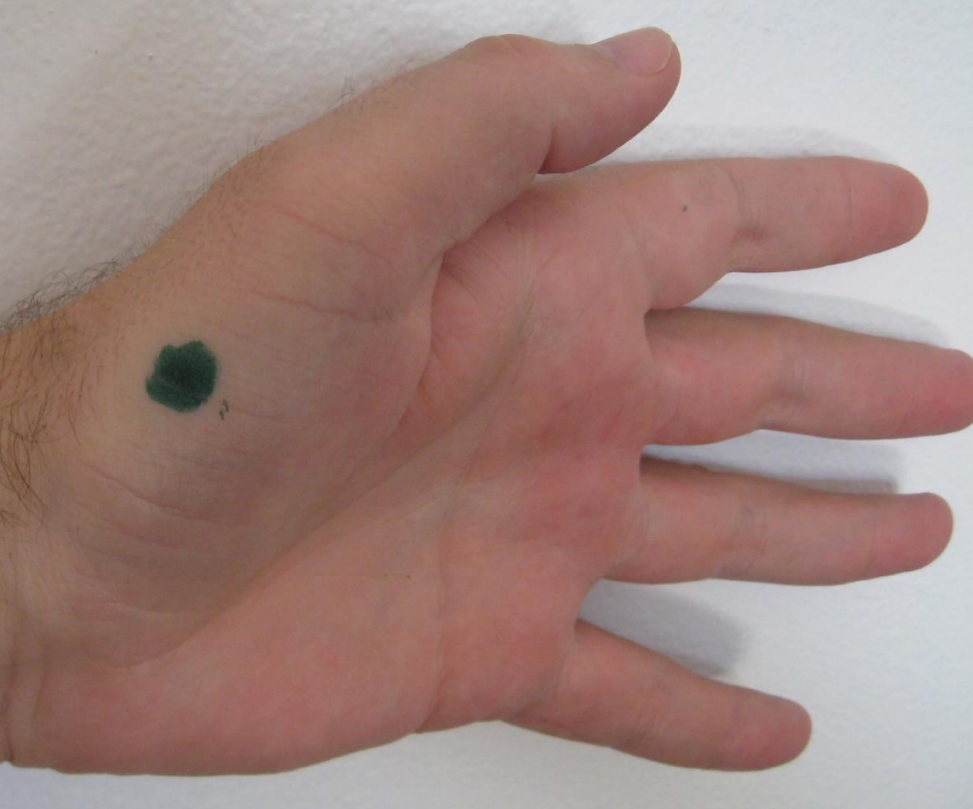


Inflamed
bronchial
tube

CLEARING SPUTUM

The Active Cycle of Breathing Technique





ACUPRESSURE

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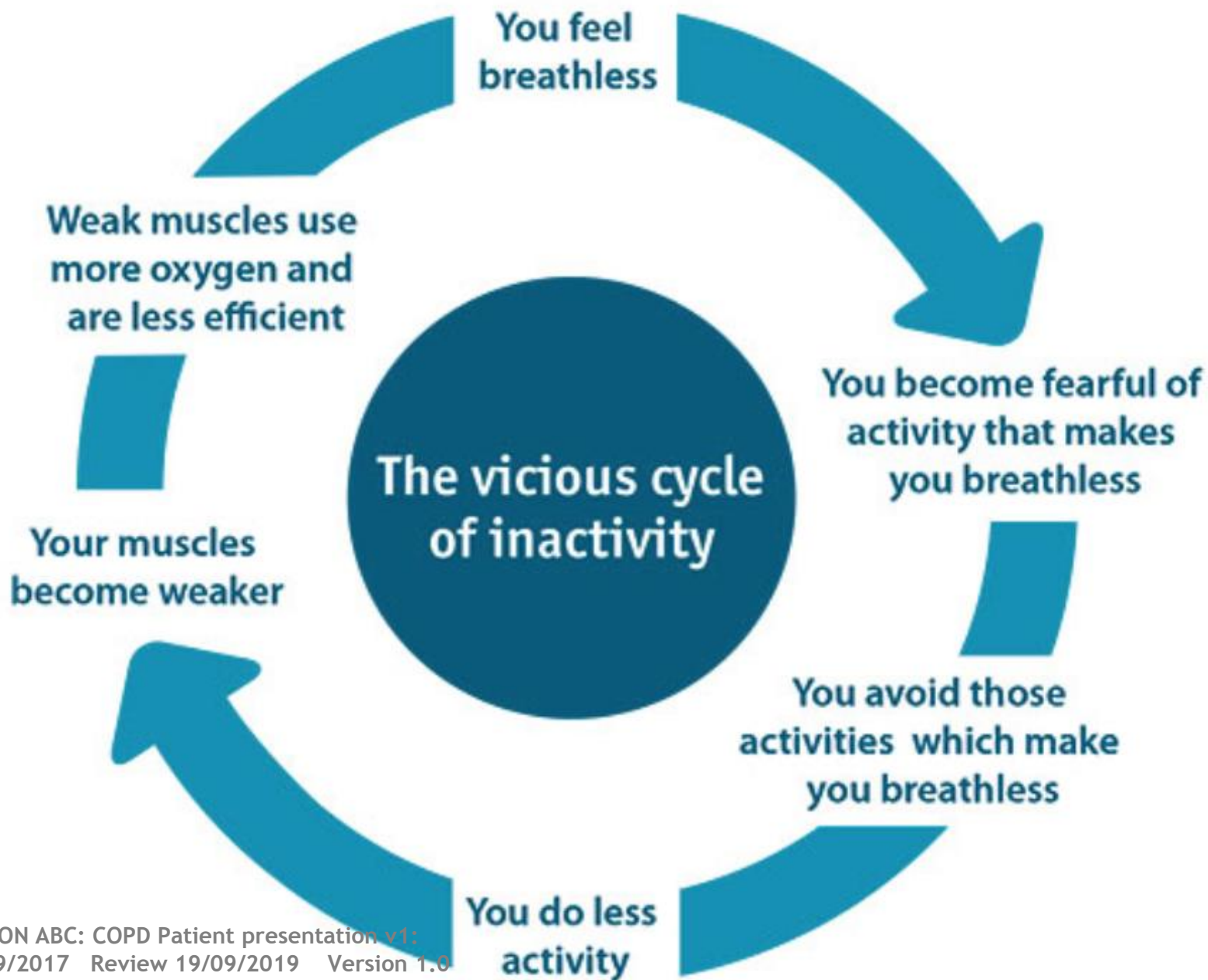
BETTER BREATHING BETTER LIVING

PULMONARY REHABILITATION

PULMONARY REHABILITATION

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