



UNIVERSITY OF PÉCS
MEDICAL SCHOOL

Pulm onologic physiotherapy

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Examination

1. Past medical history in family (inherited diseases)
2. Own past medical history
 - medications
 - jobs
 - smoke

Symptoms

1. Cough (productive)
2. Dyspnoea
3. Pain in chest

Examination

- Inspection
 - Deformities
 - Scar on chest
 - Cyanotic sign on lips, nails
 - Breathing frequency
- Palpation
 - symmetric movement of chest
- Percussion
- Auscultation
- Imaging procedures (X-Ray, MRI, CT, bronchoscopy, etc.)
- Biological sputum examination
- Respiratoric examination



Chronical obstructive pulmonary disease (COPD)

- Restrictive pulmonary flow
 - Epidemiology 9- 10 %over 40 aged globally
 - Cause of death ranks 4-6.worldwide over 45 aged
 - Hungary: approx.5- 600 000 patient among over 40 aged
- Classification (GOLD - Global initiative for chronic Obstructive Lung Disease)

Seriousness	FEV1%
light (GOLD 1)	≥ 80
medium (GOLD 2)	50-79
serious (GOLD 3)	30-49
very serious (GOLD 4)	< 30

Chronical obstructive pulmonary disease (COPD)

- Etiology

- Extrinsic factors:

Smoking

Occupational dust and chemicals

- Intrinsic factors:

Lack of α 1 antitrypsin

Symptoms:

- Coughing

- Sputum

- Dyspnoe

Complications:

- Muscle hypo-, atrophy

Chronical obstructive pulm onary desease (COPD)

- Therapy

Aim : (What to do..?)

- reduce complaints, symptoms, improve exercise tolerance
- slowing the deterioration of respiratory function
- preventing and reducing the frequency and severity of flare-ups
- prevention and treatment of complications
- prolonging the life of the product is appropriate quality of life

Chronical obstructive pulmonary disease (COPD)

- Therapy

Methods (How to do..?)

- 1 Medical treatment

- Drug treatment
- Give up smoking
- Oxygen therapy

2. Additional treatment

Dietician

Psyco-social supporting

3. Physiotherapy in COPD (individual)

- A) Patient education

- B) Exercise therapy

- 6-8-weeks long
- 2x/week
- Repeatable 6-12 monthly
- Chest physiotherapy (sputum evacuation)
- Endurance training (intervall training)
- Resistance training
- Breathing exercises
- Electrotherapy

- C) Climate therapy



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Thank you for attention!

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