



UNIVERSITY OF PÉCS  
MEDICAL SCHOOL

# Pulmonologic physiotherapy

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# Examination

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

## Symptoms

1. Cough (productive )
2. Dyspnoe
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 4-6th worldwide over 45 aged
  - Hungary: approx . 5-600 000 patients among over 40 aged
  - Classification (GOLD - Global initiative for chronic Obstructive Lung Disease)
  - Seriousness FEV1%
- |  |           |
|--|-----------|
| <input type="checkbox"/> light (GOLD 1)        | $\geq 80$ |
| <input type="checkbox"/> medium (GOLD 2)       | 50-79     |
| <input type="checkbox"/> serious (GOLD 3)      | 30-49     |
| <input type="checkbox"/> very serious (GOLD 4) | $< 30$    |

## Chronical obstructive pulmonary disease (COPD)

- Etiology
  - Extrinsic factors : Smoking , Occupational dust and chemicals
  - Intrinsic factors : Lack of  $\alpha$ 1 antitrip sin
- Symptom s:
  - Coughing
  - Sputum
  - Dyspnoe
- Complications:
  - Muscle hypo-, atrophy

# Chronical obstructive pulmonary disease (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
- Psycho-social supporting

3. Physiotherapy in COPD (individual )

A) Patient education

B) Exercise therapy

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

C) Climate therapy



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**Thank you for attention !**