



Who can a respiratory physiotherapist help?

A respiratory physiotherapist can help with any lung condition including:

COPD
ASTHMA
CYSTIC FIBROSIS
BRONCHIECTASIS
INTERSTITIAL LUNG DISEASE
EMPHYSEMA
CHRONIC COUGH
NEUROMUSCULAR DISEASES
PEOPLE NEEDING BREATHING MACHINES OR OXYGEN AT HOME

These treatments are recommended by The British Thoracic Society

<https://www.brit-thoracic.org.uk/document-library/clinical-information/physiotherapy/physiotherapy-guidelines/physiotherapy-guideline/>

CONTACTING A RESPIRATORY PHYSIOTHERAPIST

With enquiries or to discuss treatment options please contact:

Charlotte Wells BSc (hons) MCSP Chartered Physiotherapist and member of the Health Professions Council

☎ 07850496300 or via

Braintree Physiotherapy Clinic (01376) 334040

✉ cwellsphysiotherapy@gmail.com or
reception@braintreephysiotherapyclinic.co.uk

GP, Consultant or self-referral accepted. Braintree Physiotherapy Clinic is registered with all major insurers. Self-funding is also accepted.

Can you breathe freely?

Respiratory physiotherapy can help you

CHRONIC LUNG CONDITIONS

Airway clearance,
chest infection recovery,
breathlessness management and
exercise progression



How can a respiratory physiotherapist help?

Airway clearance

If you suffer from a chronic lung condition with a cough, daily sputum and regular chest infections, a respiratory physiotherapist can help. We create a personal plan to keep your lungs and sinuses clear and healthy. This helps to slow deterioration of your condition.

Support after a hospital stay

After being in hospital with a chest infection or pneumonia you may be left congested, breathless and exhausted. A respiratory physiotherapist can help recovery by removing stubborn chest secretions, improving fitness and reducing breathlessness. Importantly this can help reduce the chance of re-admission.

Reducing breathlessness and control of Asthma symptoms

Breathlessness can be frightening. A respiratory physiotherapist can help reduce breathlessness with breathing techniques, pacing and energy conservation. Patients engage in a bespoke exercise programme to steadily improve fitness and ability at all levels.



Reduce the impact of a lung condition with help from a respiratory physiotherapist

Breathlessness at the end of life

Respiratory physiotherapists offer support to sufferers of chronic respiratory conditions who are receiving end of life care. Breathing techniques and relaxation can help relieve breathlessness and discomfort. This includes people who require breathing machines at home.

Exercise progression

Whatever your ability or whatever the stage of your lung condition, it is important to keep active and stay fit. A respiratory physiotherapist can help you to understand what causes breathlessness and in doing so can improve your level of fitness. It can be scary to exercise alone when breathing is difficult. A respiratory physiotherapist can support, motivate and progress your exercise capability. Programs are specific to each person's needs.

Chronic cough and muscle weakness

After years of coughing, people with a lung condition can develop muscle weakness, especially in the pelvic floor and lower stomach. This can lead to rib and back pain or stress incontinence. A respiratory physiotherapist can help reduce coughing and strengthen the right muscles to improve this.

