

TRIGGER

e.g. stress, anxiety, fear, chronic pain, grief, divorce, work, money worries, asthma



over-breathing
loss of CO₂

**Break
this
cycle**

symptoms get
worse



feeling unwell
frightening symptoms



breathing
deteriorates further



increased anxiety
and stress make
trigger more
powerful



Can you breathe freely?

Respiratory physiotherapy can help you

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) 334 040

✉ cwellspphysiotherapy@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.

BREATHING DISORDERS

**Difficult Asthma, hyperventilation,
altered breathing patterns and
breathlessness**



What is hyperventilation?

Hyperventilation means breathing too much. Most people over-breathe in stressful situations and breathing usually returns to normal afterwards. Stress and anxiety can build over a sustained period and can result from an accumulation of factors. As a result of these or a specific 'trigger', breathing habits can be formed and over-breathing can become the norm for an individual.

Symptoms to look for:

Breathlessness after small amounts of activity/exercise especially when anxious

Pins and needles in hands, arms or face

Noisy breathing even when resting

Lots of sighing and yawning

Inhalers don't relieve symptoms

Breathing difficulties while talking or eating

Palpitations or chest discomfort

Feeling exhausted and unable to concentrate

Muscle aches or tension around neck, shoulders and jaw

Triggers

We can help identify the initial cause and relieve the effect of a trigger. This empowers you to control your breathing rather than feeling as though your breathing has control over you.



Re-train your breathing

When we breathe too much we get rid of a lot of carbon dioxide (CO₂). The body runs on a careful balance with just enough oxygen and carbon dioxide. Losing too much can cause lots of frightening symptoms as this chemical balance is disturbed. These symptoms can increase stress and anxiety in our lives and in turn, can exacerbate the original problem.

How can a respiratory physiotherapist help?

A physiotherapist can help re-train your breathing patterns. A tailor-made treatment programme will include:

Use of various breathing methods including the Papworth technique, Buteyko technique, Yoga breathing and relaxation therapies

Breathing re-training when resting, exercising & with speech

Progressive exercise programmes with techniques to manage breathlessness

Full musculo-skeletal review to help with muscle pains

These treatments are recommended by The British Thoracic Society

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