



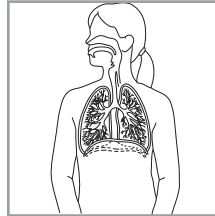
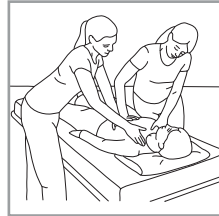
**PhysioTools**

# Respiratory Care

Modules

PX42

**With PhysioTools you can create high quality personalised exercise and information handouts. Select from the world's largest professional exercise library and print in multiple languages.**



This respiratory module has been designed for physiotherapists working with patients who have or are at risk of having respiratory problems.

They can be patients with obstructive or restrictive lung diseases, postoperative patients or patients with neurological diseases with risk of secondary lung problems due to muscle weakness.

The module includes exercises to facilitate secretion mobilization, improve alveolar ventilation and enhance the physical ability of reduced lung function. These exercises can be used by both inpatient and outpatient departments.

The module includes the following:

- breathing techniques
- inhalation techniques
- strength training
- patient education materials
- secretion mobilization techniques
- positioning
- fitness training

Some of the exercises can be performed by the patient without assistance and some with the assistance of physiotherapists. The exercise handouts can be constructed to meet the patient's individual needs and abilities.

Pictures and the accompanying instructional texts give guidance on how to perform the exercises. You can also make additions to the text and add comments, for example, how often the exercises should be performed. Many of the exercises can therefore be used as home exercises.

**The content of this module can be sorted as follows:**

**Sort 1:** Educational Information, Assisted Cough, Breathing Techniques, Positioning, Inhalation, Mobility Exercises, Strength, Stretching, Activities. Product Information

Lying (Prone), Sitting, Standing, Sit/Stand, Crawling Position, Walking, Cycling, Step Up, Swimming, Gym Ball, Trampoline, Preface, Author

**Sort 3:** Anatomy, Info, Assistant, Self-management, Exercise

**Sort 2:** Lungs, Thorax, Heart, Pelvic



Produced by licensed physiotherapists Ann-Louise Weiland, Susanna Wennman, Mia Törngren, Karin Nordström, Lena Sandström, Tina Börjesson and Carolina Halén, under the supervision of Director of Department Raija Tyni-Lenné at the Department of Physical Therapy at the Karolinska University Hospital in Stockholm, Sweden.

Karolinska University Hospital is one the largest hospitals in Europe. There is a close collaboration between the Karolinska University Hospital and the Karolinska Institute in medical education and research.

*Combine individual PhysioTools modules to create your own resource library of exercises and information*

## Product Information

- # 122 items
- Line drawings
- Colour Photographs
- Video Clips

**Printout languages:**  
English, Finnish, Swedish

## Technical Requirements

Windows 2000, XP  
32-bit: Vista, Windows 7,  
Server 2003/2008

Network licence available

Online: Internet Explorer 6  
or later, Broadband internet  
access

## Contact Information

www.physiotools.com  
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*Work with the Best*

PhysioTools is the global market leader  
in exercise prescription software

You can place your logo on the left or right side of the handout

# Personal Exercise Program

## Your Organisation Name

Your Address

Your Telephone/Fax/Email/Website

You can have more than one header

Provided for : Patient's Name

Respiratory Care

Provided by : Your Name



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Your nebulizer is called \_\_\_\_\_ Prescription \_\_\_\_\_

Add the medication to the nebulizer according to directions.

Sit up and relax. Turn the nebulizer on. Place the mouthpiece in your mouth, between your teeth, on your tongue. Close your lips around the mouthpiece. Breathe in and out through the mouthpiece with normal, calm breaths.

For care and cleaning instructions of the nebulizer and more information, see the instructions for use.



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Sitting, place a towel or a draw sheet around your waist and cross the ends of it over your abdomen.

Breathe in deeply. Lean yourself forward at the same time as you compress your abdomen by pulling the ends and force the air out.

Repeat \_\_\_\_\_ times

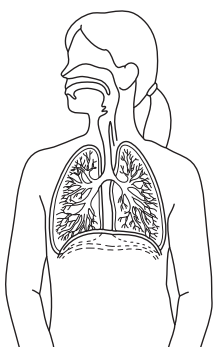


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Lie on your back. The assistants place their hands on your thorax and your abdomen.

Breathe in deeply. The assistants compress your thorax and abdomen at the same time as you begin to exhale.

Repeat \_\_\_\_\_ times



Anatomical Picture: Airways

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