

Do you get Breathless easily?

Everyone will feel puffed and out of breath after a burst of physical activity. But if you experience breathlessness while you are resting, it may be due to an underlying health condition.

Symptoms of breathlessness can range from mild shortness of breath to very fast gasping breaths that may cause:

- dizziness
- chest discomfort and/or tightness
- anxiety or fear.

Breathlessness may:

- happen suddenly and last a short or long time
- be frequent or rare
- pass quickly or be long term
- happen with exercise or at rest
- get worse if you lying flat or have a fever
- be accompanied by coughing, mucus and a tightness chest

There are a number of health conditions that may cause breathlessness, the common ones are:

- lung conditions such as asthma, bronchiectasis, COPD
- heart condition – atrial fibrillation, heart failure
- anxiety
- being unfit
- obesity

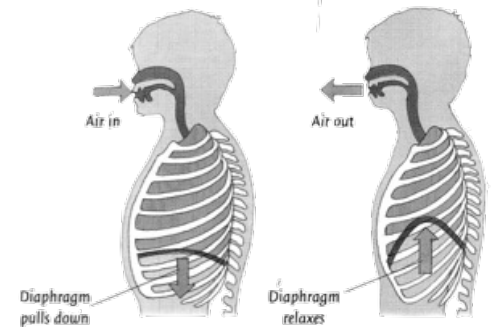
If you experience breathlessness that's not due to physical exertion see your doctor. Your Doctor will investigate the cause of your breathlessness and recommend a course of treatment which may include medication, breathing techniques and postures.

For some common lung conditions eg asthma, COPD, physiotherapists can help you manage your breathlessness by:

- controlled breathing including diaphragmatic breathing – click on link https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/the_magic_power_of_diaphragmatic.pdf
- pursed lip breathing
- relaxed positions for breathing
- gentle exercise for posture and fitness
- clear mucus

Physiotherapists know how the lungs work and how illness and anxiety affect your breathing. They can help you:

- improve your breathing pattern
- ease your shortness of breath
- relax and manage stress
- improve your fitness
- manage everyday activities better
- recognise and respond to changing symptoms



To reduce the likelihood having a health condition that may cause breathlessness:

- don't smoke
- maintain a healthy weight
- exercise regularly
- manage stress

Our friendly physiotherapists can help improve your breathing and fitness. Just contact Therapy Professionals.

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