

How Chest Physiotherapy Assist in Treating Breathing Difficulties in Covid Sufferers?

Nishitha Kadam*

Department of Pulmonology, PGIMER, Chandigarh, India

Introduction

After 10 to 15 days of Covid-19 infection, perform a 6-minute walk test. Rest for at least a month and continue to practice breathing exercises. Here's how respiratory physiotherapy can help you overcome COVID-19-related shortness of breath.

Shortness of breath is the most common breathing problem in the post-Covid population. Shortness of breath is sometimes accompanied by chest pain. This condition can last for one to two months. The source of this long-term Covid-19 symptom is discussed; as well as how respiratory physiotherapy can assist patients overcome their breathlessness.

Explaining Shortness of Breath Caused by COVID-19

When the corona virus infects your body, it causes harm to the good cells (type 2 pneumocytes), which are crucial for lung flexibility and health. A cascade of cytokines is released, followed by a systemic inflammatory response. This results in pulmonary edema and the production of microthrombus. This entire process has an impact on the body's oxygen transport. Some patients are asymptomatic or have very little symptoms, while others have more serious issues. Upper respiratory symptoms such as sore throat, runny nose, exhaustion, and fever are possible. Dyspnoea, or difficulty breathing or shortness of breath, affects more than half of the patients. It is sometimes accompanied by a dry cough or a productive cough in certain patients.

Covid Recovery Breathing Exercises

Prone position

Breathing exercises in the prone position can improve lung function in mild to moderate cases and even after Covid. According to the government, lying down in a prone position can help you get more oxygen. For years, individuals with acute respiratory distress syndrome (ARDS) have been treated by resting prone or on their stomach.

Diaphragmatic breathing

Before we get into detail about diaphragmatic breathing, it's important to understand what a diaphragm is. The diaphragm is a large dome-shaped muscle that lies behind the lungs. It is the major respiratory muscle. When we breathe in, diaphragm goes down and during breathing out it comes up. We breathe mostly through the upper chest, which is referred to as thoracoabdominal breathing, which

implies we use the chest rather than the diaphragm.

To perform this exercise, place one hand on your stomach and the other on your upper chest. Slowly and deeply inhale now. The important part is that your stomach hand travels forward, which signifies your abdomen expands as your diaphragm drops down and your chest hand does not move or moves only slightly. Exhale slowly and deeply through your mouth. Every hour, repeat it ten times. Don't overdo it because it can induce moderate dizziness due to hyperventilation.

Pursed lip breathing

Relax your shoulders and take a deep breath through your nose with pursed lips breathing. Make a 'O' with your lips, similar to how you whistle, then exhale slowly and for a few seconds longer than your 'breathe in' period, if you inhale for 2 seconds and then exhale for 4 seconds. This can be done ten times in an hour as well. A tiny amount of positive end expiratory pressure is created during this activity (PEEP). It helps to keep airways and alveoli open so that gas exchange can take place.

Thoracic mobility exercises: These are basic workouts that can help you open up your ribcage and fill your lung segments with more air. Stretch both hands above your head while standing upright. Now bend over to your right side and take a deep breath in, then exhale as you return. Rep on the left side. Do it 5-10 times a day, twice a day.

Try a 6-minute walk test

You can run this test on yourself after 10 to 15 days of Covid infection. Measure your heart rate, oxygen saturation, and fatigue level after walking for a few minutes according to your tolerance. If you pass this test, begin walking for 6-10 minutes twice a day. If you start to feel exhausted in between tests, don't push yourself; you'll need extra rest. Do not force one to engage in physical activities too soon. It is critical to take a month off and continue to conduct breathing exercises.

References

1. Physiopedia (2021) Respiratory Management of COVID 19.
2. World Health Organisation (2020) Clinical Management of Severe Acute Respiratory Infection (SARI) when COVID-19 Disease is Suspected - Interim Guidance.
3. Abdullahi A (2020) Safety and Efficacy of Chest Physiotherapy in Patients with COVID-19: A Critical Review. *Frontiers in Medicine*. 7:454.

*Corresponding author: Nishitha Kadam, Department of Pulmonology, PGIMER, Chandigarh, India, E-mail: n.kadam02@gmail.com

Received July 08, 2021; Accepted July 22, 2021; Published July 29, 2021

Citation: Kadam N (2021) How Chest Physiotherapy Assist in Treating Breathing Difficulties in Covid Sufferers? *J Nov Physiother* 11: 475.

Copyright: © 2021 Kadam N. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.