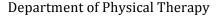


De La Salle - Health Sciences Institute

College of Rehabilitation Sciences





PULMONARY REHABILITATION part 1

Date: September 26, 2012 (Wednesday)

Time: 2:00 – 6:00 pm

Schedule:

 2:00 - 2:30
 Pre Lab Pracs

 2:30 - 5:00
 Discussion (45min/rotation)

 5:00 - 5: 20
 Practice Time for ALL topics

5:20 - 6:00 RET DEM

PULMONARY REHABILITATION part 2

Date: September 27, 2012 (Thursday)

Time: 8:00 – 12:00 pm

Schedule:

8:00 – 11:00 Discussion (1 hr / rotation)

11:00 – 11: 20 Practice Time for ALL topics (students)

11:20 - 12:00 RET DEM

INSTRUCTIONS for part 1 & 2

1. Study the report assigned to you (see attached file for report assignments). During your report you are expected to:

- a. State the RATIONALE of the activity
- b. Perform / Demonstrate the Activity to the group
- 2. You will be graded using the Rubric (same rubric w/ TX 3, see moodle for reference).
- 3. Your grade in the report will serve as your CLASS PARTICIPATION.
- 4. Please study all of the activities for the PRE LAB PRACS (part1 only)
- 5. Please watch the video of ACBT & Incentive spirometer (IS). See link given. Each group is required to have a downloaded copy of the ACBT & Incentive spirometer video. You have to play this on the computer in the room during the ACBT & IS station. Though these topics do not have reporters. (part 2 only)
- 6. Each student will be asked to submit his or her hw (articles) in a specific station where it will be discussed. Make sure to have your hardcopy by the lab session (part 2 only).
- 7. A supplementary hand out is given to help. But this should not be used as a reference. You can double check the content of the handouts in your books. Books are still used as a reference.
- 8. Materials to bring:

Part 1 & 2:

- a. Towels & pillows (atleast 1-2/student)
- b. Mask & gloves (1/student)
- c. Tissue (1 roll / group) use this during the demo
- d. Sputum cup (can be modified sputum cup or container) see picture attached. It doesn't have to be exactly the same as in the picture. It can be a modified sputum cup/container or anything similar to that. (1 / group)

Part 2 only:

a. Bring your own Incentive Spirometer (1 per student). See picture attached. It doesn't have to be exactly the same as in the picture. (1/student).



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Department of Physical Therapy

Section	4-1			4-2			4-3		
Rooms (PART 1 &2)		8506	8507	8507	8509	8509	CRS SL	CRS SL	CRS SL
Group	1	2	3	1	2	3	1	2	3

Study the following techniques:

PART 1

BREATHING EXERCISES (Chapter 25: pp. 861-866)

- Guidelines for teaching breathing exercises
- Diaphragmatic breathing
- Segmental breathing
 - Bilateral lateral costal expansion supine
 - Bilateral lateral costal expansion sitting
 - o Independent lateral costal expansion
 - Posterior basal
- Pursed-lip breathing
- Glossopharyngeal breathing
- Positive expiratory pressure breathing
- Preventing and relieving episodes of dyspnea

CHEST MOBILIZATION EXERCISES (Chapter 25: pp. 867-868)

- To mobilize one side of the chest
- To mobilize the upper chest and stretch the pectoralis muscles
- To mobilize the upper chest and shoulders

COUGHING EXERCISES (Chapter 25: pp. 868-870)

- Teaching an effective cough
- Manual-assisted cough
 - o Therapist-assisted techniques
 - Self-assisted techniques
- Splinting
- Tracheal stimulation

POSTURAL DRAINAGE (Chapter 25: pp. 870-875)

- Goals and indications for postural drainage
- Relative contraindications for postural drainage
- Manual techniques used in PD therapy
 - Percussion
 - Relative contraindications to percussion
 - o Vibration
 - Shaking
- Preparation for postural drainage
- Postural drainage sequence
- Postural drainage positions
 - o Anterior apical segments
 - $\circ \quad \text{Posterior apical segments} \\$
 - o Anterior segments upper lobe
 - o Posterior segment upper lobe (Left)
 - Posterior segment upper lobe (Right)
 - o Lingula
 - o Middle lobe
 - o Anterior segments lower lobe
 - o Posterior segments lower lobe
 - Lateral segment lower lobe (Left)
 - Lateral segment lower lobe (Right)
 - Superior segments lower lobe
- Concluding a treatment
- Modified postural drainage
- Home program of postural drainage



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PART 2

RESPIRATORY RESISTANCE TRAINING (Chapter 25: p. 866)

- Inspiratory resistance training
- Incentive respiratory spirometry (also see video), play the videos in class
 - o https://docs.google.com/open?id=0BwB7enu3pGzLc3N3QklBQzBuRVU
 - o https://docs.google.com/open?id=0BwB7enu3pGzLQ0taVkNUZmxnQkE

DYSPNEA RELIEVING POSITIONS

- Kisner, 5th Ed, page 858 fig 25.6
- (Christenbery, 2005).

WORK SIMPLIFICATION AND ENERGY CONSERVATION TECHNIQUES

- (Velloso, 2006).
- Cite examples / cases wherein work simplification & energy conservation is applied to a pulmo patient.

ACTIVE CYCLE OF BREATHING (see handout and video)

- https://docs.google.com/open?id=0BwB7enu3pGzLYXZNeVBnNnA3RWs
- (Villegas, 2011)
- To be discussed by the faculty.

AUTOGENIC DRAINAGE

• To be discussed by the faculty.

REFERENCE: Kisner, C. & Colby, L.A. (2007). Therapeutic Exercise Foundations and Techniques, 5th ed.