

Covid 19: Here's The Way to Improve Lung Function with Physiotherapy

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Introduction

India is grappling with the twin challenge of the second wave alongside repeatedly mutating strains of the Covid-19 virus. It's estimated that the incidence of hospitalizations is higher within the age bracket of quite 65 years and therefore the percentage of affected individuals requiring hospitalization during this group is 28.17 per cent versus 6.04 per cent hospitalizations within the age bracket of 0-64 years,

Covid-19 significantly impacts lung functions. Shortness of breath and low oxygen levels are its hallmarks. These symptoms are a distress sign and a risk factor for a more severe impact of the disease and thus warrant hospitalization. Unfortunately, discharge from the hospital isn't the top of the ordeal for many Covid-19 patients. One in 10 individuals experience "long- Covid or post-Covid health conditions" even after 12 weeks.

How does it help?

Improves Breathlessness: Leaning forward position: While sitting on a chair keep a pillow on the lap and rest your elbows or simply rest elbows on the knees. This will be wiped out a standing position too by leaning forward on a wall.

Prone position ventilation: Lying on the stomach – also called 'prone position' - has been highly recommended for critical Covid patients to enhance lung dynamics and improve oxygenation.

Breathing using belly: Involves breathing using the diaphragm muscle. Sit with some support or during a lying-down position, place your hand on the belly and as you inhale, the stomach goes up, and slowly exhale, the stomach goes down

Cough and Lung Sputum Clearance: When the lungs are affected thanks to Covid, they produce quite normal sputum which needs clearing to form breathing easier and avoid further infections.

In situations like this, the Active Cycle of Breathing Techniques (ACBT), a group of breathing exercises, best taught by a physiotherapist, can help clear the lungs of sputum by loosening and helping to cough it out. Are often "> this is often how it can be performed:

Respiratory control: Perform in sitting or half-lying position. This relieves the secondary muscles involved in inspiration and relaxes them, especially within the neck. Slowly inhale through the nose, count up to 2 then very slowly exhale through your mouth – while pursing your lips as if blowing out a candle – and exhale till a count of three. Attempt to abandoning of any tension with each breath out. Also, try closing your eyes in order that the main target is often on breathing.

Huffing: Huff involves exhaling with the mouth and throat open, it helps to maneuver the sputum up the lung airways and helps clear it during a more controlled way. so as to "huff", quickly squeeze the air out of lungs through open mouth and throat – as if cleaning your glasses. Use your belly muscles, but avoid any strain which could cause wheezing. Huffing should be followed by breathing control.

When done correctly, the movement/rumble of sputum within the chest are often heard. Wheezing means you're huffing too hard. Your physiotherapist can help adjust the ACBT to fit your individual needs.

A therapy plan which takes into consideration your current health status, lung capacity and overall activity levels can assist you get over long Covid symptoms effectively. If you're worried about stepping out, you'll choose home-based assessment and therapy sessions to recover within the comfort of your home.

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