



**Dr. AMEE SHAH**

(BPTH, MPTH in CardioVascular and Pulmonary Sciences), a consulting Physiotherapist, She has an experience of more than 10 years in the field of Cardio-

Pulmonary Rehabilitation and has treated hundreds of people suffering from Asthma, COPD, Bronchiectasis, Lung Fibrosis, post COVID sequelae, those who have undergone post Heart surgeries like Bypass grafting and valve replacement, Angioplasty with stenting , post Pacemaker Implantation, Heart Failure and Pulmonary Hypertension.

Her additional qualifications includes Certificate of Mulligan Practice (COMP), Certificate of Pilates Practise, Buteyko Breathing technique, Exercise rehabilitation in Post Covid 19 by APTA (American Physical Therapy Association)

She has been recognised by the State IAP for her work in the field of Pulmonary Rehabilitation.

“ We aim to add Quality to your life, since it's not about how long you live, but how Well you live! ”



For further details, you may contact,  
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## Pulmonary Rehabilitation

Improving Life, one breath at a Time



## What is Pulmonary Rehabilitation (PR) and Chest Physiotherapy?

Pulmonary rehabilitation is an exercise program to improve the condition of the lungs, especially those who have weak lungs and experience shortness of breath and cough frequently.

### Who needs PULMONARY REHABILITATION?

Patients diagnosed as having,

- Asthma, COPD, Interstitial Lung Disease/Pulmonary Fibrosis, Bronchiectasis, Cystic Fibrosis, post COVID syndrome.
- Patients with Moderate to Severe Cough.
- Those who experience shortness of breath or are unable to breathe in completely.
- Patients undergoing Major Abdominal, Cardiac or Pulmonary Surgery.
- Patients having reduced lung functions and lung capacity or on Oxygen Support.

### Benefits of this program are

Pulmonary rehabilitation aims to break the vicious cycle of inactivity and:

1. Improves your breath and lung capacity
2. Reduces cough



3. Reduces breathlessness
4. Reduces dependency on oxygen
5. Increases stamina and the distance you can walk
6. Carry out your daily activities easily
7. Boost immunity
8. Improve your quality of life.

Even if you have advanced lung disease and are on oxygen supplementation, you will still benefit from Pulmonary Rehabilitation.

### What does the program consist of?

The program begins with assessment to understand the severity of the condition, followed by designing of exercise program to improve Lung capacity and lung strength.

- Throughout the session the patient is continuously monitored for oxygen levels, HR, Dyspnea levels and supervised by a Pulmonary Physiotherapist



- Gradually, the patient is progressed to intense aerobic activities, strengthening of respiratory muscles and other large muscles.
- Education and counselling is done to help avoid situations that worsen symptoms and create a plan to self manage the condition.
- Once you are better, a long term home exercise is provided so you can maintain all the improvement you have achieved from the program.
- Every patient is different and all exercises are customised as per patient's current symptoms, status and inabilities.

### What exercises are included in the program:

- **Breathing Exercises** (improves lung capacity and strengthen Respiratory muscles)
- **Incentive spirometer** (improves lung volumes and capacity)
- **Cough clearance therapy** (reduces cough)
- **Aerobic endurance activities** (physical activity program) to improve stamina
- **Resistance training and Muscle strengthening** to improve muscle strength and power.

