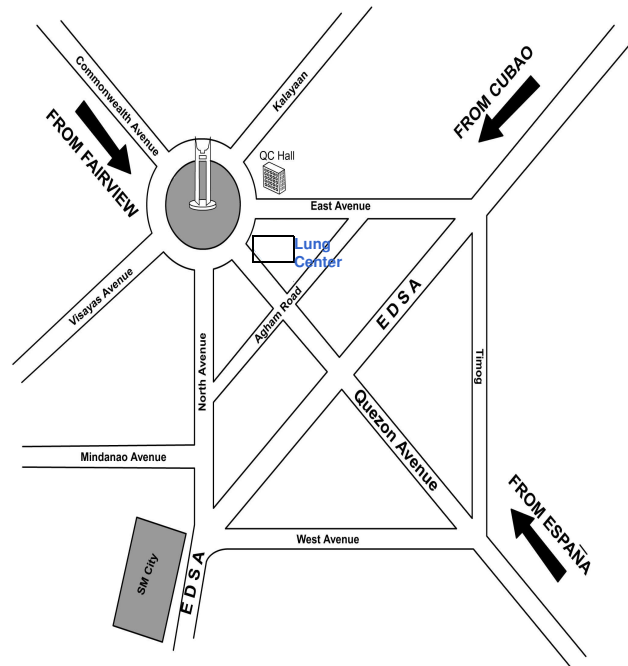


*Dyspnea can make control and stop you from doing activities.. Simple tasks like walking or holding a glass of water become difficult or perhaps impossible. You also become dependent on others for day to day function.*

*We at LCP Rehab can help you cope with dyspnea attacks and be active again.*



We also offer the following services:

- Pulmonary Rehabilitation Package
- Pain Management
- Postoperative Physical Therapy
- Neurological Rehabilitation
- Cardiac Rehabilitation



### Section of Physical Therapy and Rehabilitation

3<sup>rd</sup> Floor, Lung Center of the Philippines  
Quezon Avenue Extension Q.C.1100  
9246101 local 240



Lung Center of the Philippines  
Section of Physical  
Therapy & Rehabilitation

## Wellness Program for Chronic Lung Disease



For the treatment of:

- COPD – Emphysema & Chronic Bronchitis
- Bronchiectasis
- Asthma
- Interstitial Lung Disease
- Other chronic pulmonary conditions

We provide highly specialized skilled pulmonary physical therapy services. We are here to get the most of your functional capacity at home, work and your community.

Our main objective is to maintain the gained improvement post-rehabilitation of patients with chronic lung diseases.

### **Therapy can include**

- Breathing Exercises
- Dyspnea Relieving Techniques
- Secretion Mobilization
- Respiratory Muscle Training
- Individualized Exercise Program

*Our commitment to you includes:*

- *A caring atmosphere*
- *Creative and personalized treatment*
- *Outcome-oriented therapy*
- *Science-based practice*
- *Affordable and effective programs*

We also offer specialized techniques that can help you regain function and recover faster.

### **Treadmill Exercise**

- Modernized Facilities

### **Stair Climbing**

- This is the main functional goal of patients with difficulty in breathing

*“Malaki ang nagawa sakin ng pulmo rehab dahil hindi na ako nag-papanic sa tuwing hinihinal, maging sa gawaing bahay tulad ng paglalampaso ay muli ko ng nagagawa”.*

*-Jaime Salazar,  
Patient with COPD*



### **Upper Arm Bicycle**

- Helps improve the Upper Arm Endurance
- Also aids in strengthening the respiratory muscles

### **Stretching Activities**

- Prevents muscle soreness and injuries
  - Variation in stretching activities such as Tai Chi is incorporated in the program



### **Functional Circuit Training**

- Interest-specific activities
- Superior to other therapies in improving function, according to the latest studies