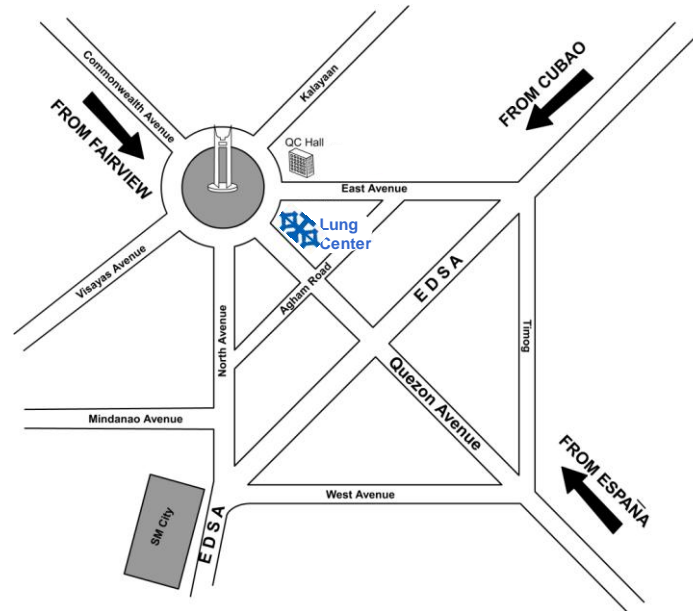


The Bronchiectasis Support Group can help you increase your functional capacity and ability to participate in everyday activities.

About Us

The Section of Physical Therapy and Rehabilitation also offers treatment for non-pulmonary conditions including Arthritis, Stroke, Low Back Pain and other musculoskeletal or neurological conditions. Our consultant physiatrist is a prominent rehab specialist in the country. Our physical therapists are also experts in pulmonary rehab.



Section of Physical Therapy and Rehabilitation

Rm 1207 Lung Center of the Philippines
Quezon Avenue Extension
Quezon City 1100
9246101 local 240

BRONCHIECTASIS

Support

Group

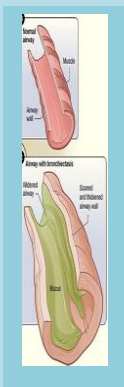
Program



**Lung Center of the Philippines
Section of Physical Therapy
and Rehabilitation**

What is Bronchiectasis?

Bronchiectasis is a persistent or progressive condition characterized by dilated thick walled bronchi. The symptoms vary from episodes of production of large volumes of purulent phlegm and episodes of difficulty of breathing. Other symptoms may include chest pain, hemoptysis, and difficulty of breathing. Bronchiectasis may result from various causes like infections, autoimmune diseases like cystic fibrosis, or exposure to chemicals.



Treatment of Bronchiectasis

The goals of treatment are to prevent the progression and to alleviate the symptoms of the disease. In addition to the standard pharmacotherapy management of the disease, Pulmonary Rehabilitation can address the disabling effects of bronchiectasis.

The **BRONCHIECTASIS SUPPORT GROUP PROGRAM** provides Pulmonary Rehabilitation services to these patients.

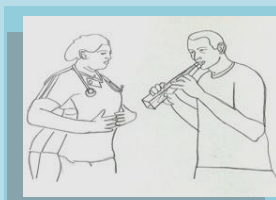
What is the Bronchiectasis Support Group Program?

- It is a program aimed to educate & train the patient in developing skills to relieve their symptoms & achieved their highest functional capacity.
- The program is also a venue for mutual support and socialization among its members.

- The program aims to improve the patient's over-all well being.
- The program is done while in a group, but the exercise is appropriate to the specific needs of individual participant.

What is the content of the program?

- Pre exercise evaluation
- Chest Physiotherapy (Breathing Exercises)
- Airway Clearance Technique (Active Cycle Breathing Technique/Lung Flute)
- Strengthening and Flexibility Exercises
- Aerobic activities
- Post Rehab assessment
- Lectures on Bronchiectasis, Medications, Energy Conservation Techniques, Chest Physical Therapy, Stress and Dietary Management



How long is the program?

The Bronchiectasis Support Group program runs for 6 weeks and consists of 12 sessions. The Program Sessions are conducted twice a week every Tuesdays and Thursdays from 8:30 AM to 11:30 AM.

How can I be a member of the Bronchiectasis Support Group?

- Ask your physician to give you a referral
- Submit the referral at the SECTION OF PHYSICAL THERAPY and REHABILITATION (3rd floor along Ward 3D) Lung Center of the Philippines
- You may also call us at 9246101 to 20, loc 240
- For only Php 500 registration fee
- We are Now Accepting Referrals



Hurry, Join now.