



Association of Chartered Physiotherapists in Respiratory Care

Cardio-Respiratory Physiotherapy

**How can our skills help you
& your patients?**

Make the most of us

Get in touch with us ...

We are an essential part of your team!



The British Thoracic Society
17 Doughty Street, London WC1N 2PL
Tel: 020 7831 8778 Fax: 020 7831 8766
www.brit-thoracic.org.uk

What is physiotherapy?

Physiotherapy aims to restore optimal body functioning and activity levels within the limits of the disease or condition.

Physiotherapists can lead service development and help optimise patient care in most environments.

We can provide advice, education and support to patients, carers and other health professionals on all aspects of cardio-respiratory care & rehabilitation.

Our expert skills in cardio-respiratory assessment and treatment, including exercise & rehabilitation, as well as our knowledge of the musculo-skeletal system, can make a difference to your patients whether in-patients, out-patients, in intermediate care or in the home.

In-patients

- Cardio-thoracic, general or vascular surgery
- General & specialist medicine
 - Respiratory problems - improving ventilation, sputum clearance, NIV
 - Joint, muscle or mobility problems
 - Pain management
- Acute NIV
- Tracheostomy management

Outpatients

- Therapy-led OP clinics e.g. Breathlessness, COPD, post ICU / HDU
- Group classes or individual appointments
 - Sputum clearance advice (e.g., bronchiectasis)
 - Mobility/function/Activities of Daily Living advice
 - Pulmonary / Cardiac Rehabilitation
 - Field Exercise testing /Oxygen Assessment
 - Treatment of hyperventilation syndrome (HVS)

Intermediate Care

Supported early discharge/ admission avoidance programmes

Community Care

- In the home
- In GP surgeries, hospices, leisure centres, schools
- Pulmonary & Cardiac Rehabilitation

Critically ill patients

- Early mobilisation and exercise
- Body Positioning to optimise mechanics of breathing or V/Q matching
- Prevention and treatment of atelectasis and sputum retention
- Ventilation weaning strategies
- Critical Care Outreach – care of the acutely ill patient

Some physiotherapists may also, provide other specialist clinical interventions such as acupuncture or respiratory muscle assessment.

Contacts:

For more information on respiratory physiotherapy:

- Get to know your local respiratory physiotherapist
- Email the Association of Chartered Physiotherapists in Respiratory Care (ACPRC):
publicrelations@acprc.org
- Via web sites:
www.acprc.org
www.csp.org.uk
www.BTS-thoracic.org

