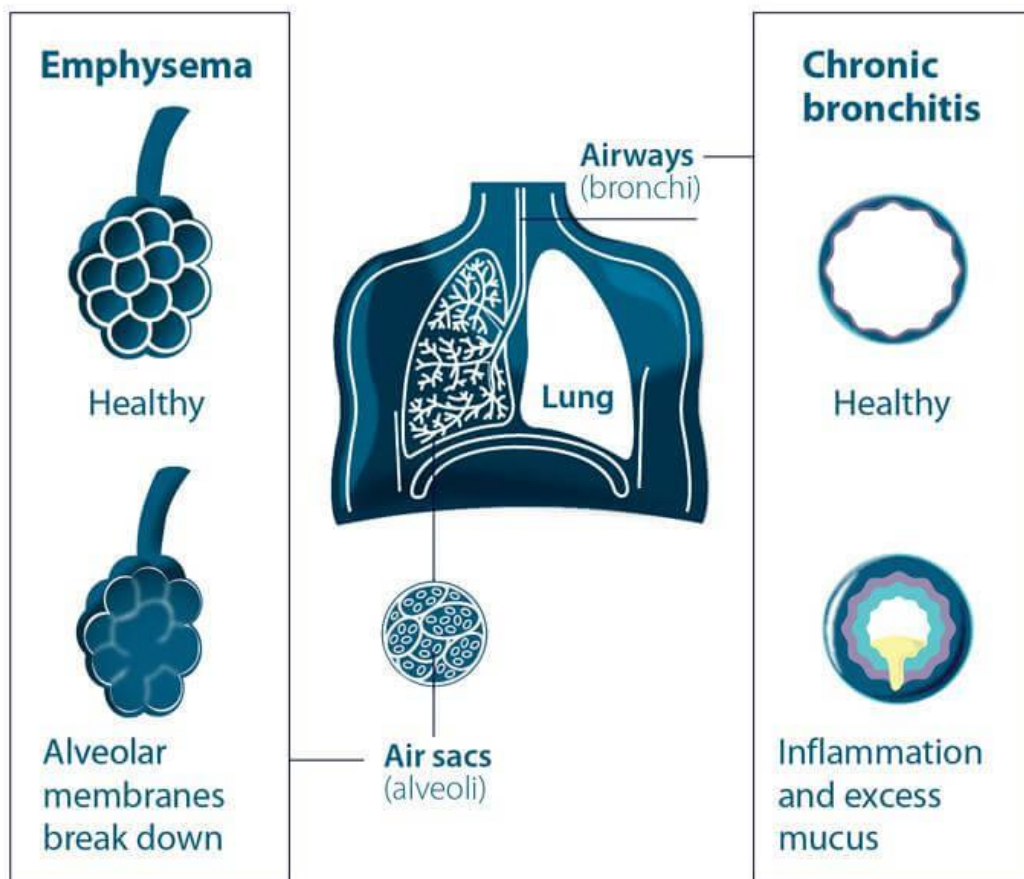


What is COPD?

COPD stands for **chronic obstructive pulmonary disease**. This is the name used to describe a number of conditions including **emphysema** and **chronic bronchitis**.

Emphysema affects the air sacs in your lungs (alveoli), and chronic bronchitis affects your airways (bronchi).



copd-diagram-of-lungs-

If you have COPD, you might have just one of these conditions, or you might have more than one.

COPD is a condition where the airways become inflamed and the air sacs in your lungs are damaged (see diagram above). This causes your airways to become narrower, which makes it harder to breathe in and out.

Therefore, people with COPD have breathing difficulties, and this can affect many aspects of your day-to-day life.

Unfortunately, there is no cure for COPD, but there are lots of [treatments](#) available to help you manage your condition, improve your symptoms and live an active life.

Causes of COPD

The main cause of COPD is smoking – the condition usually affects people over the age of 35 and who are, or have been, heavy smokers.

People who don't smoke but have long-term severe asthma can get COPD. It can also be caused by long-term exposure to [air pollution](#), fumes and dust from the environment or your place of work.

You can inherit COPD, but this is very unusual. There is a genetic condition called [Alpha-1 antitrypsin deficiency](#) that causes damage to your lungs.

This condition can lead to a particular type of COPD (emphysema), especially in people who smoke.

How does our Therapy Help

- The Cycloidal-Therapy is medically proven to:
- Relax Muscles, improve circulation, improve joint mobility, reduce pain levels and reduce swellings.

REDUCING THE SYMPTOMS OF COPD.

- **Relaxation chest and back muscles and tissues**

Reduce breathlessness by relaxing of the muscles and surrounding tissues.

Reduce breathlessness due to anxiety, the more anxious someone becomes over their breathing the tighter the chest becomes exacerbating the problem. Relaxation of the tissues and the user will help improve breathing and reduce breathlessness.

- **Chest Clearance**

A build-up of mucus in the lungs and chest if not cleared can result in chest infections and subsequent complications.

- Chest clearance- the therapy helps to mobilise mucus and encouraging coughing to help clear the chest, this helps improved breathing and infection prevention.

The therapy helps by dislodging mucus off the lungs by simulating the bronchial tubes – which can't be naturally stimulated by normal body movements

Chest Dem

In the same way you get a 'before' measurement / benchmark prior to doing a leg dem, you must also get an indicator before doing a Chest dem. So you can get the prospect to relate to a before and after dem.

First get the prospect to take a couple of deep breaths and see how it feels for them or if the prospect can manage a short distance – ask them to try walking across the room and return to a sitting down position. Get them (your prospect) to score their breathing on a level of 1-10, with 1 being very easy and clean and 10 being extremely difficult and hard/shallow.

Next introduce the equipment as normal, (bird seed / marble / Hands on the HU and HU on your chest) = then.

1. Place the CSTP Pad horizontal across the back of the prospect, but higher up – below the shoulders and at the same height of the lungs (but on the back).
2. Turn the pad for 15mins and slowly increase from 2.2 – up to 5 and add the pollymodualtion. (you can use a cushion behind the back to rest the CSTP Pad on to get the correct height).

3. Next turn the HU on and move onto the front of the chest, use the HU in the top of the chest in an opposite position to the CSTP Pad. Make sure the HU is on Full power.
4. The prospect should now be sitting, with the CSTP Pad across the back (turn up to 5) and the HU (on Full Power) on the front of the chest.
5. Keep the prospect in this position for around 12 mins – it will affect how they talk (they may sound a little like a dalek) it may also encourage them to cough or remove some sputum or spittle by coughing / hacking up.
6. After 12 mins, remove the HU from the front of the chest and the CSTP Pad from the back – get the customer to repeat the pre-dem assessment, either walking around or taking breaths, many will now find that is now easier to breath and that they can take a deeper, cleaner feeling breath.

With repeated regular use the Cycloidal-Therapy will further improve the prospects breathing, recommendations are they use the therapy from the correct postural position and for best results use whilst in a Full Therapy Class 2a Medical Rise Recliner Chair or a Full Therapy Class 2a Medical Adjustable Bed.

POSTURE CHANGES: CAN HELP WITH SYMPTOMS OF COPD – Adjustamatic Beds and Chairs.

Sleep Disturbance - People with COPD often suffer with disturbed sleep.

Studies have shown people with COPD that 36% complain of trouble falling asleep, 42% of non-restorative sleep and 76% more than two prolonged periods of wakefulness per night. **Lack of sleep effects quality of life.**

This principal of posture management can be applied to an adjustable bed to be used at home to help with breathlessness due to respiratory problems.

Using an ADJUSTAMATIC bed for appropriate posture positioning will help relieve the symptoms of COPD. For example, with the head of the bed elevated 45 degrees, allows the diaphragm to expand to improve respiratory

function. Clinical studies show that head elevated posture in bed improved breathing for COPD patients.

Medical Ref: Tomomi Ichiba, Tetsuo Miyagawa, et al. Efficacy of relaxation posture in patients with chronic obstructive pulmonary disease (COPD). European Respiratory Journal September 1, 2011 vol. 38 no. Suppl 55 p3641

- **POSTURE for General chest congestion.**

Again for helping breathing with general chest congestion, increase the incline of the head end of the Adjustamatic bed until comfortable. This can improve breathing, which delivers more oxygen to the body. This prevents the heart from working harder to deliver oxygen and blood to vital organs. Those suffering from congestion also benefit from the bed being elevated. Keeping sinus and lungs clear, and keeps fluid and mucus at bay.