

How can I find out more?

- To get you started on learning to breathe correctly and relax your body, we've provided some free resources at www.physiohypervent.org. Go to the search box and type in 'breathing disorders'.
- Go to www.hypervent.org for other useful information.

How can I find a physio?

- Go to your local physio, or
- Go to www.physiotherapy.org.nz and click on 'find a physio', or
- Ask your doctor to recommend a physio.

Check that your physio is a member of Physiotherapy New Zealand. This shows they're committed to high standards of professional practice.



www.physiotherapy.org.nz

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This leaflet does not replace the benefits of a full assessment and programme provided by an expert physio.

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BREATHING DISORDERS: CALL ON A PHYSIO TO HELP YOU

- breathe correctly
- relax your body and mind
- regain your energy

What is a breathing disorder?

If you have a breathing disorder, one common sign is that you breathe quickly in and out through your mouth using your chest muscles when you're 'at rest' – for example, when you're sitting quietly.

If you make a habit of breathing like that, your body tries to adapt and your symptoms may include:

- sighing and yawning a lot
- being breathless when you're anxious or under pressure
- finding it hard to breathe at the same time as talking or eating



What causes breathing disorders?

There are many possible causes. These include prolonged stress and health issues such as asthma and anaemia. All of these can get you breathing incorrectly: It's when you make a habit of it that the symptoms can become very unpleasant and difficult to manage. This is called Hyperventilation Syndrome (HVS).

How can physio help?

Physios who have experience in treating breathing disorders can help you train yourself to breathe normally again. They'll look at all aspects of your life that may be affecting your breathing pattern. They'll help make a plan just for you, so you can start to get better.

They'll guide you through each step. As you learn to control your breathing and restore balance to your body, the unpleasant symptoms will start to go away. You may need to practice for several months to achieve this, but you absolutely *can*.

Exercise is a great way of helping your breathing and increasing your confidence and wellbeing. No matter what your level of fitness, your physio can help you develop an exercise plan that's right for you. It's also important you eat a healthy diet.

Where do I start if I need assistance?

We recommend you ask an experienced physio to look at all your symptoms so they can work with you to develop a suitable treatment plan.

You may find you start to feel a lot better as you begin to understand your breathing pattern. You'll also get better at controlling your symptoms when you learn and practice correct breathing and relaxation techniques.

To find a physio, see overleaf >>