

# **Aire-Force Pulmonary Rehab Support Group Newsletter November-December-January**

Thank you all for your continued support of our Pulmonary Rehabilitation program. Your presence and the improvements you've seen through your hard work has helped keep many of our spirits strong during a challenging time. As the holidays approach, many of us will seek the comfort of our families and friends to find support. During these times, the value of those moments cannot be underestimated. However, all of us at Pulmonary Rehab would encourage you to be mindful of the risks of gatherings, even with family and close friends. The Center for Disease Control (CDC) offers guidance for the next few months. Limiting celebrations to members of your own household that are taking measures to reduce the spread of COVID-19 or celebrating virtually, poses the lowest risk for spread. Please consider the community level, exposure during travel, location of gatherings, duration of gatherings, number and crowding, behavior of family and friends before the gather and their behavior during the gathering. The top ten list of steps you can take to reduce your risk and be prepared:

1. Limit number of attendees
2. Hold gatherings outdoor when possible
3. Avoid close contact
4. Consider requiring guests to wear masks
5. Frequent hand washing
6. Plan ahead and asks guests to avoid contact with people outside their household for 14 days
7. Wear a mask when preparing food
8. Limit people going in and out of areas where food is being prepped
9. If traveling, be prepared in case you do become sick
10. If anyone is being tested, has been in direct contact, or has symptoms of COVID-19, they should avoid attending

If you have other doubts or concerns, the link for the CDC website is <https://www.cdc.gov>, but you should also reach out to your physicians. These steps are in addition to any local or government regulations, and should replace them.

Happy Holidays  
Dr. Bobby Shah  
Director, Pulmonary Rehabilitation

# Holiday Hours Gym Closed

**THANKSGIVING-THURSDAY,  
NOVEMBER 26<sup>th</sup>**



**CHRISTMAS DAY-FRIDAY,  
DECEMBER 25<sup>th</sup>**



**NEW YEAR'S DAY-FRIDAY,  
JANUARY 1<sup>st</sup>, 2020**



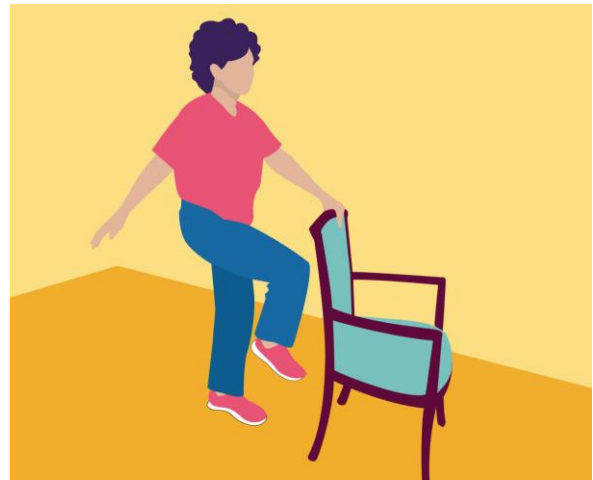
## PULMONARY REHAB SUPPORT GROUP MEETING

In-person meetings are temporarily on hold. Virtual meetings have been considered however it did not seem to appeal to the masses. Please let us know your thoughts regarding virtual presentations.

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Try These Exercises at Home



**SQUAT TAP  
WITH CHAIR**





## Yoga for Lung Disease

COPD consists of Emphysema, Chronic Bronchitis and Refractory Asthma (asthma that does not respond to normal asthma medications). COPD may be utilized as a generic term to describe any lung related disease.

Additional lung diseases include Pulmonary Fibrosis, Pulmonary Hypertension, Asthma, Pneumonia, Cystic Fibrosis, Bronchiectasis, Covid-19 (post infection) and more.

Yoga is a superb form of exercise for anyone with any lung disease. It is considered a “Mind-Body” practice. It is low impact, can be done standing or sitting, encourages good breathing techniques, improves both physical health and increase sense of wellbeing.

Benefits from regularly practicing yoga can include:

- ✚ Lowering blood pressure
- ✚ Increase relaxation and self-confidence
- ✚ Reduce stress and anxiety
- ✚ Improve fitness and flexibility
- ✚ Improve posture & balance
- ✚ Increase range of motion

Additionally, The American Lung Association suggests that yoga practice may also help relieve symptoms of stress relating to smoking cessation.

It is believed that Yoga, with correct breathing, brings more oxygen into your blood and helps to control vital energy, which in turn helps calm your mind.

### Breathing Techniques

- ✚ A good yoga teacher will show you how to breathe correctly in order to enhance your yoga workout.
- ✚ Pranayama (Pran-Yama) breathing techniques can help you manage symptoms of breathlessness by strengthening your respiratory muscles.
- ✚ Pursed-lip breathing and diaphragm breathing are two techniques that have roots in yoga. They are often taught to people with COPD as part of their pulmonary rehabilitation program.
  - Sniff in through the nose, then out through pursed lips (as to whistle or blow out candles).

- Typically, it would go something like this:
  - sniff in (count 1,2,3,4) then
  - blowout (1,2,3,4,5,6) and repeat
- ✚ Another useful breathing technique for people with COPD is abdominal breathing. The technique is as follows:
  - Breathe in, letting your stomach expand.
  - As you breathe out, contract your stomach muscles, pressing your stomach inward.
  - Focus on contracting your lower abdomen and ribs as you breathe out. This helps to raise your diaphragm, enabling your lungs to empty all the way and thus improving the depth of your breathing.

### Key Tips

- ✚ Skip certain poses since they may restrict breathing by putting pressure on the diaphragm such as the Child's Pose or the Plough.
- ✚ Keep rescue inhalers &/or oxygen Nearby
- ✚ Stop if you're short of breath. Use your medication and rest until you feel well enough to begin again.

While Covid-19 persists & in-person classes are limited, virtual options are available.

Such as:

- DVD's,
- TV: providers offer yoga channels or on demand video's
- You-Tube, Netflix
- YMCA
- Community college's offer classes
- [www.healthline.com](http://www.healthline.com)

### **Deep Breathing Exercise**

Most people take, shallow breaths into their chest. It can make you feel anxious and zap you're your energy. With this technique you'll learn how to take bigger breaths, all the way into your belly.

1. Get comfortable, you can sit in a chair with your shoulders, head and neck supported against the back of the chair.
2. Breathe in through your nose. Let your belly fill with air.
3. Breathe out through your nose.
4. Place one hand on your belly. Place the other hand on your chest.
5. As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.
6. Take three more full. Deep breaths. Breathe fully into your belly as it rises and falls with your breath.

## Progressive Muscle Relaxation Technique:

For this technique, you breathe in as you tense a muscle group and breathe out as you release it. Progressive muscle relaxation helps you relax physically and mentally.

Sit comfortably on a chair.

1. Take a few deep breaths to relax.
2. Breathe in. Tense the muscles of your feet.
3. Breathe out. Release the tension in your feet.
4. Breathe in. Tense your calf muscles.
5. Breathe out. Release the tension in your calves.
6. Work your way up your body. Tense each muscle group. Then relax them.
  - a. This includes your legs, belly, chest fingers, arms. Shoulders, neck and face.

## **Remember to:**

*Play your favorite music, sing and dance.*

*Lose yourself in your favorite hobby.*

*Laugh out loud, read funny cards or watch a comedy.*

### Autumn Sudoku

Every row, column and mini-grid must contain the letters L E A F.  
Don't guess - use logic



F			
			A
L			
			E

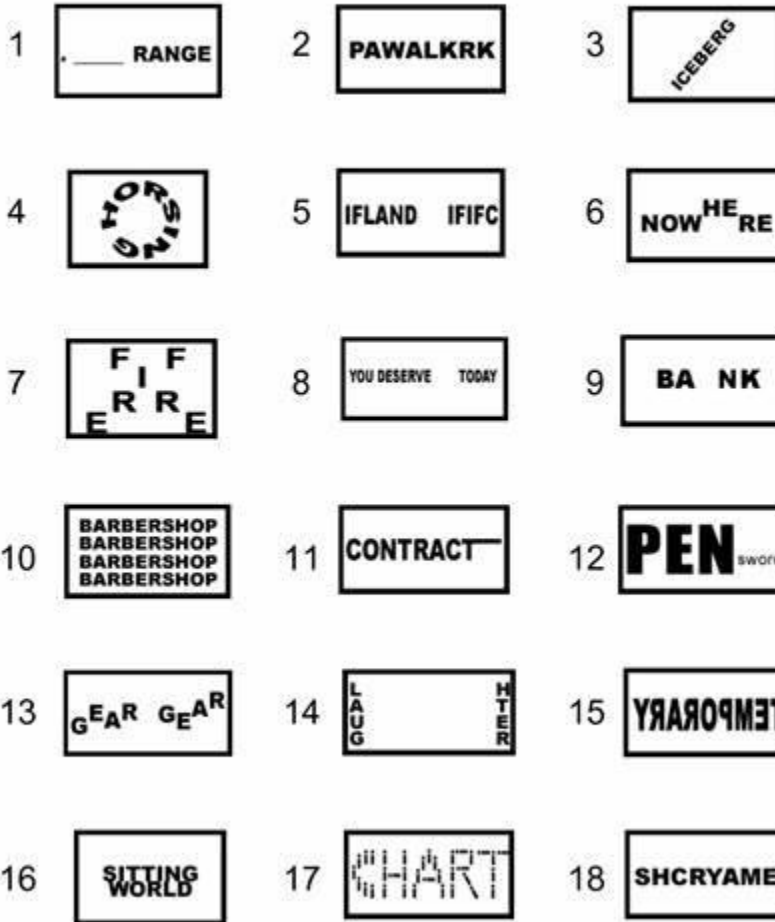
## Word Search

A	J	A	Z	Z	A
P	A	R	P	E	R
O	R	S	O	N	G
P	J	J	A	J	B
X	R	S	R	S	S
Y	N	O	T	E	S

Find the following words:  
**Jazz Pop Song Notes**

# Word Picture Puzzles

Epilepsy Association of Utah



Sue's snip-its:

Pandemics don't change us, they reveal us. And we will be stronger because of it.

When I was a kid I wanted to be older....this is not what I had expected.

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