

NATIONAL INSTITUTE FOR EMPOWERMENT OF PERSONS WITH MUTIPLE DISABILITIES

[Department of Empowerment of Persons with Disabilities (Divyangjan), Ministry of Social Justice & Empowerment, Govt of India]

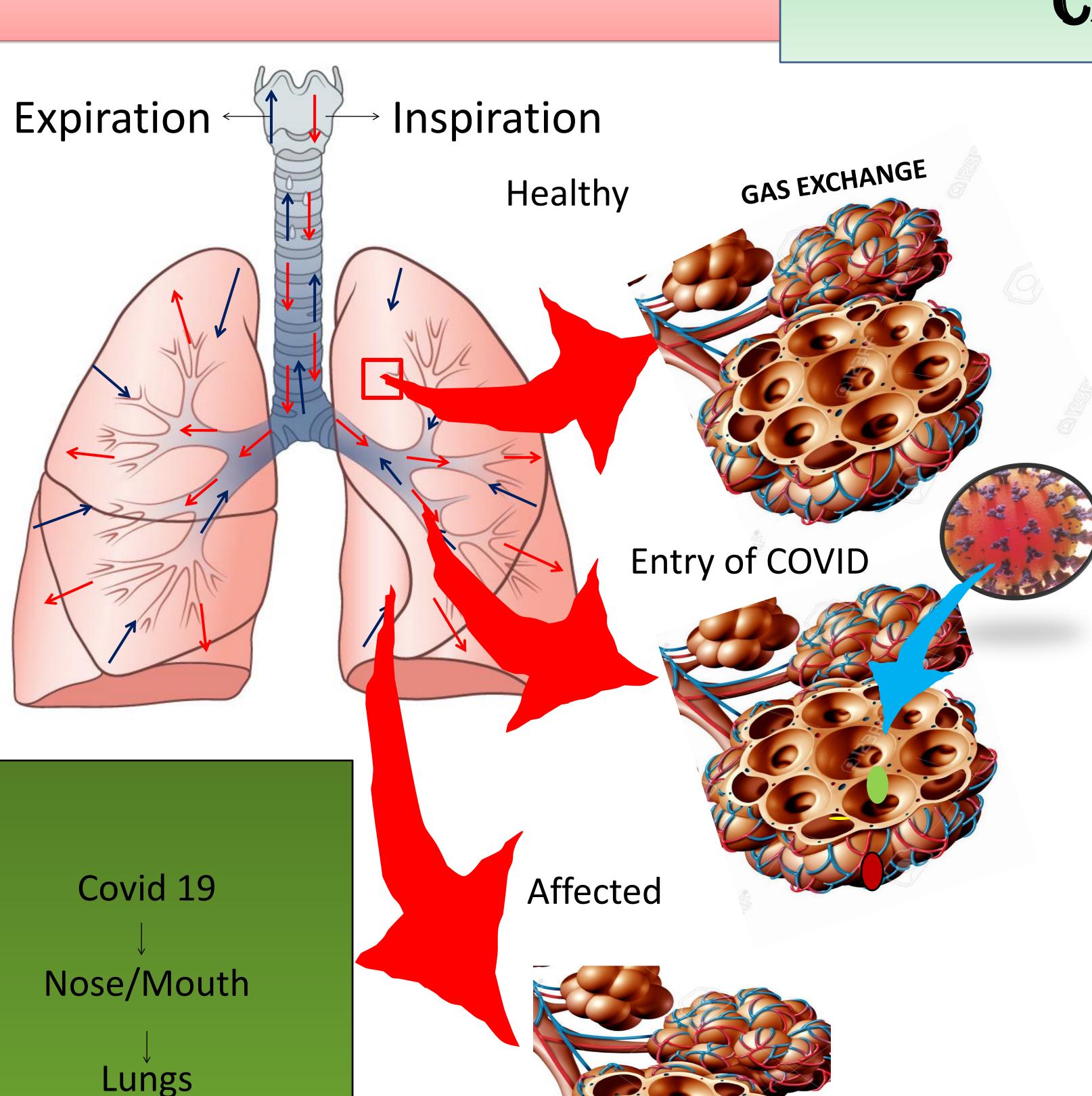
राष्ट्रीय बहुविकलांग व्यक्ति अधिकारिता संस्थान

(दिव्यांगजन सशक्तिकरण विभाग,सामाजिक न्याय और अधिकारिता मंत्रालय, भारत सरकार)



HOW COVID AFFECTS?

SIMPLE ACTIVITIES TO IMPROVE LUNG CAPACITY DURING LOCK DOWN



What to follow?



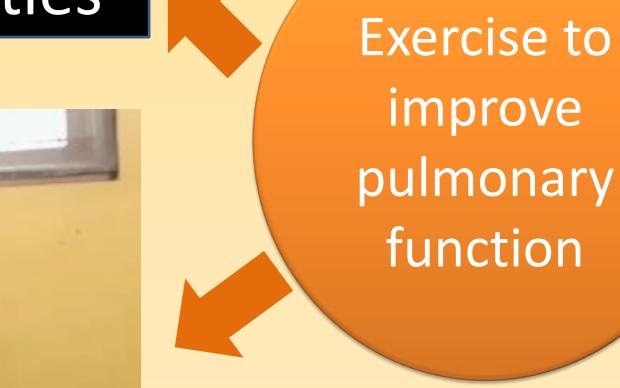


STRENGTHENING



Play activities

Chest mobility









Incentive Spiro meter

Play activities:

1. Expiration: Blowing paper, water, candle, cups, thermocol balls.

2.Inspiration: Sucking the paper through straw, keep the toy in child's abdomen ask him to see the toy by breath in slowly

Aerobic exercise including walking, cycling along with warm up & cool down exercise (mild stretching) for 20 min will improve lung capacity as well as depression

Incentive Spirometer

Other

Doing inspiration and expiration by asking the child to bring the ball up 20 times 2hrs once.

Chest mobility: When Lift

hands up, Breathe in & breathe out when hands down, Trunk bending with breathing, Trunk rotation with breathing

Strengthening exercises OTHER **ACTIITIES**

Pranayama swimming

Yoga

Enrich your body with oxygen & positivity Stay home Stay safe

REFERENCES:

- Kai Liu, et al(2020); Respiratory rehabilitation in elderly patients with COVID-19: a RCT; Complementary Therapies in Clinical practice 39.
- Chaitra, et al(2011); effect of aerobic exercise training on peak Expiratory flow rate: a pragmatic RCT, Int J Bio Med RES; 2(3): 789-792
- www.google images.com

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I thank parents of children for giving consent

Clots in the vessels

hypoxia

Impaired

Gas exchange

pain, fatigue, etc

Death

plays a major role)