Handbook of Practical
Chest Physiotherapy
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Pushpal Kumar Mitra
BPT, MIAP, SRP (Eng), MCSP (UK)
Lecturer in Physiotherapy
National Institute for the Orthopaedically Handicapped
Kolkata
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Phones: +91-11-23272143, +91-11-23272703, +91-11-23282021, +91-11-23245672,
Rel: 32558559, Fax: +91-11-23276490, +91-11-23245683
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  e-mail: kochi@jaypeebrothers.com

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  Fax: +91-22-24160828, e-mail: mumbai@jaypeebrothers.com

- “KAMALPUSHPA” 38, Reshimbag,
  Opp. Mohota Science College, Umred Road, Nagpur 440 009 (MS)
  Phones: Rel: 3245220, Fax: 0712-2704275
  e-mail: nagpur@jaypeebrothers.com

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Foreword

In the field of respiratory medicine, the development which occurred in recent times mostly tend to reduce the morbidity and improve the quality of life of the patient. Though the pharmacological intervention remains mostly the same, the importance of chest physical therapy was mostly neglected. But the remarkable improvement which is brought about by meticulous chest physiotherapy needs no further comments. But, unfortunately in Indian scenario a book especially devoted to chest physiotherapy was lacking. The effort by Dr. P.K. Mitra in this regard is really an eye-opener for all.

This book is not only going to help the undergraduate physiotherapy students but also will be of help to respiratory nurses and doctors with interest in respiratory medicine. This book will fulfil the lacunae of proper chest physiotherapy training in our country.

Dr Saibal Moitra
In prolonged morbidity of any kind, in which the patient is confined to the bed, several systemic complications are to be expected. The respiratory and circulatory complications are the foremost and have far reaching effect on the long-term functional ability of the patient. This earlier was regarded as of little consequence to the final outcome of the treatment. The result of such approach was that the therapist was asked to mobilize the body segments and treat the movement dysfunctions, in isolation. No or little attention was paid to subtler issues like exercise intolerance, respiratory incompetence, lack of functional endurance, etc. After a prolonged bedrest or immobilization, the patients were proclaimed cured by the doctor, but were often unable to go back to the per-morbid lifestyle due to simple but persistent problems like shortness of breath or inability to work for long.

With the emphasis of modern healthcare shifting towards reducing duration of morbidity, minimizing hospital stay and improving the post-morbid quality of life of the patient, the catchword at present times is a holistic approach to healthcare.

The holistic approach to healthcare tends to look at the final outcome of any treatment measure, in terms of loss of man day, cost of hospitalization and the successful reintegration of the client into a productive post-morbid life.

Healthcare professionals, including physiotherapists, have now to treat not only the cause of morbidity, but also identify, prevent and treat the short as well as long-term adverse effects of such morbidity. This includes an ever-growing number of people affected by respiratory disorders, helped to no end by increasingly polluted air in our cities.

With respiratory medicine having resurgence in modern healthcare, the importance of chest physiotherapy as a complementary measure, is gaining acceptance and popularity worldwide.

Chest physiotherapy has traditionally been treated as an additional skill, which the all therapist were supposed to learn about, but few if any, regarded and practiced it as their principal means of earning a living, because the profession was dominated by orthopedic and to some extent, neurological orientation.
This volume, like its predecessor in the series of practical handbooks in physiotherapy, is designed not only to reorient the practicing physiotherapist in the art of chest physiotherapy, but also to help the undergraduates to unravel the complicated issues connected with respiratory medicine, in a simple, easy to understand format.

No effort has been spared to make the volume as free of factual errors as possible. Readers are to note that several new concepts that have been proposed in this volume have been on trial and most have been accepted by the mainstream of respiratory care.

Pushpal Kumar Mitra
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