

Outline

Diaphragm

Strength and function
Role as a thoracoabdominal pump
Diaphragmatic breathing

Mechanical Ventilation

Differential diagnoses
Ventilator induced diaphragmatic dysfunction (VIDD)
Respiratory Distress
Ventilator settings – what you need to know
Precautions

Stabilization: Posture, Gait Mechanics and Core

Before you begin: initiation criteria
Mobility and muscular deconditioning
Exercise therapy
Resistance training
Sitting and standing balance training

Beyond the Vent: Exercises for the Diaphragm

Active cycle of breathing techniques
Abdominal breathing and diaphragm training
Telemedicine techniques
Contraindications for mobilizing patients

Objectives:

1. Evaluate anatomy and physiology of diaphragm.
2. Determine physical and physiological effects of mechanical ventilation.
3. Utilize case studies and differential diagnoses of diaphragm disorders.
4. Integrate strengthening and stretching exercises for diaphragm in various positions of supine, sitting, standing and ambulation through different stages of rehabilitation.

Live Webinar Schedule

(Times listed in Central)

4:00 pm Program begins

6:00 pm Program ends

A more detailed schedule is available upon request.



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Diaphragm Rehabilitation for Cardiopulmonary Patients

After Mechanical Ventilation

Live Interactive Webinar
Wednesday, February 3, 2021

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Diaphragm Rehabilitation for Cardiopulmonary Patients

After Mechanical Ventilation

For many patients, recovering from COVID is just the beginning.

"I just can't believe how hard it is for me to do simple things now."

Many of these patients find the path to full recovery is more difficult than expected. The lingering shortness of breath, weakness and musculo-skeletal pain all take a toll. As patients recover, many will need your help getting back to a healthy and normal life.

Do you have the necessary skills to appropriately address diaphragmatic rehabilitation? Dr. Rina Pandya will walk you through the new techniques and protocols that you need to successfully help this growing patient population. With this specialized training, you'll be able to confidently address these timely challenges that rehab professionals are facing today:

- Improve posture and function
- Strengthen diaphragm while on bedrest or reduced mobility
- Minimize complications from immobilization
- Faster recovery

You'll also learn strategies for utilizing teletherapy – allowing your patients to reduce the energy cost of physically getting to the clinic. Dr. Pandya will make evidence-based and cutting-edge resources available to you in a way that is instantly applicable to your work.



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Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Celestee Roufs** at croufs@pesi.com or call **715-855-5229**.

Meet Your Speaker

Dr. Rina Pandya, PT, DPT, has an extensive physical therapy career that spans over 20 years, through the UK, the USA and the Middle East. She has worked in NHS (National Health Service), American health care providing PT services in acute care, in-patient rehab, skilled nursing facilities, home healthcare and outpatient clinics. She has developed specialty programs based on evidence-based practice in her role as a project manager. She has also managed a physical therapy department as department head in premier private hospital in Oman. Rina is a member of the APTA, HCPC-UK and OAP-Oman.

Speaker Disclosure:

Financial: Rina Pandya is employed at the DENSO Family Health Center. She receives a speaking honorarium from PESI, Inc.

Non-financial: Rina Pandya is a member of the American Physical Therapy Association, Indian Association of Physiotherapists, Academy of Orthopedic Physical Therapy, and Omani Association of Physiotherapists.

Target Audience:

Physical Therapists • Physical Therapy Assistants • Occupational Therapists
Occupational Therapy Assistants • Exercise Physiologists

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