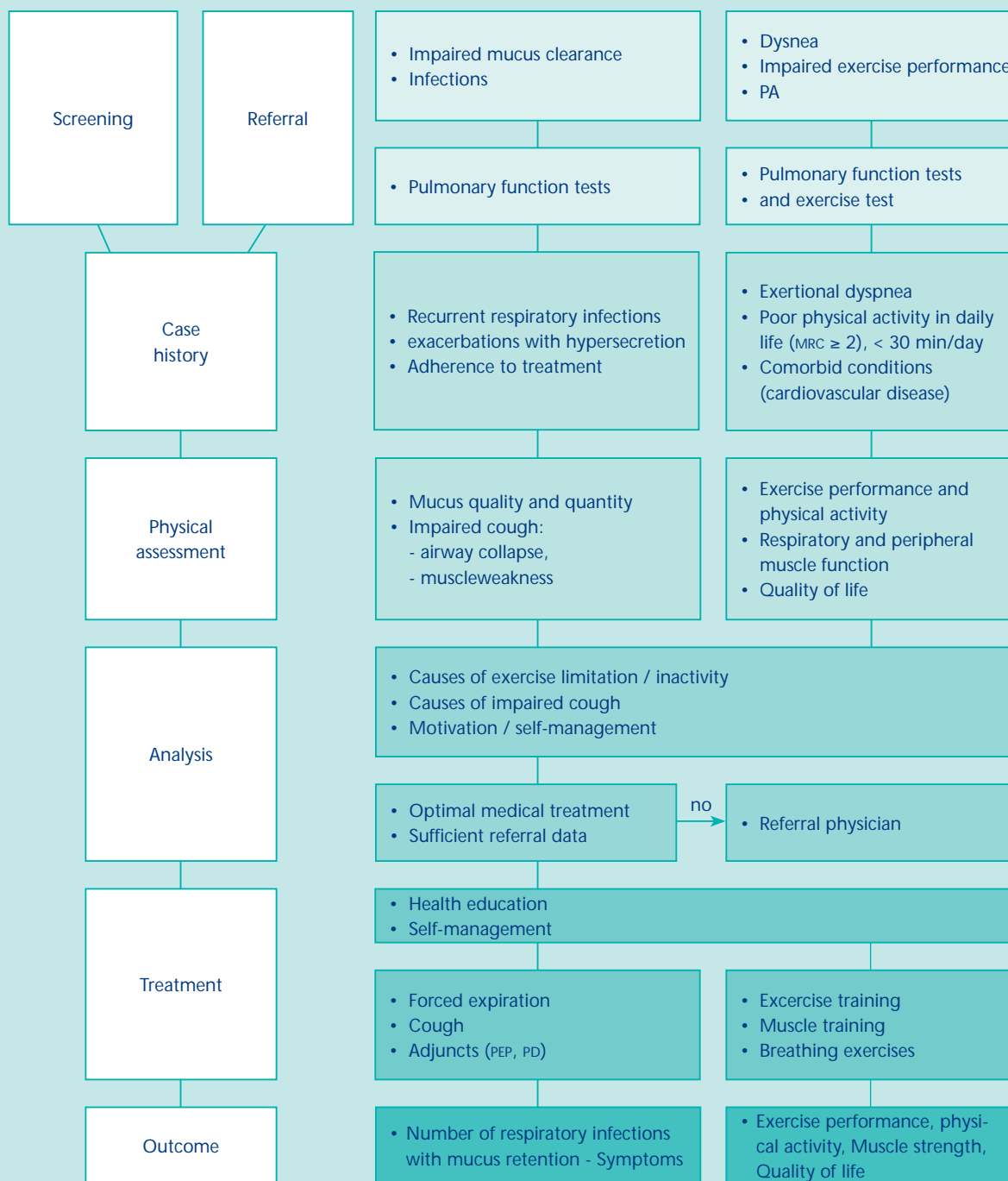


KNGF-Guideline

for physical therapy in patients with chronic obstructive pulmonary disease

Problem solving



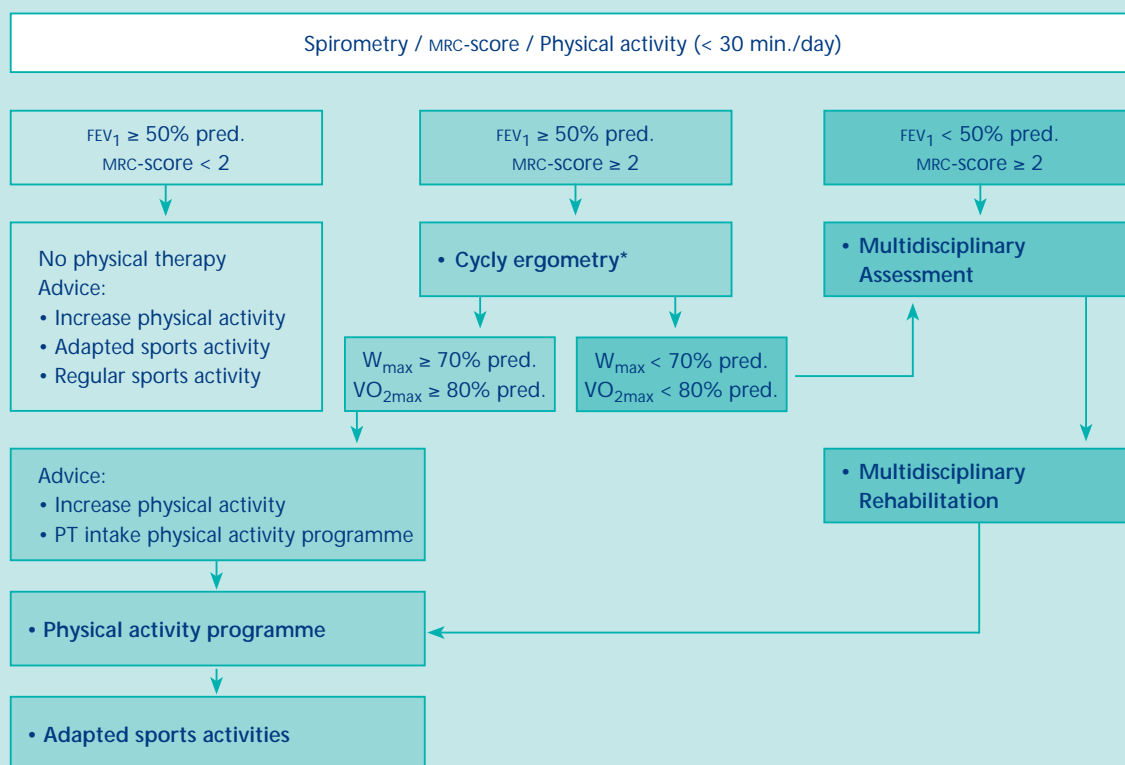
PA = physical activity; PEP = positive expiratory pressure; PD = postural drainage.



KNGF-Guideline

for physical therapy in patients with
chronic obstructive pulmonary disease


Dyspnea, impaired physical activity and physical fitness




* The 'Primary care physicians guideline' and 'Transmural guideline for COPD' only recommend exercise testing in patients with increased cardiovascular risk. The 'ACSM guideline' recommends exercise testing in any elderly subject, while the 'Physical therapy in COPD guideline' recommends exercise testing in any COPD patient.

MRC = Medical Research Council dyspnea score

FEV = positive expiratory pressure

 no physical therapy / advice to increase physical activity

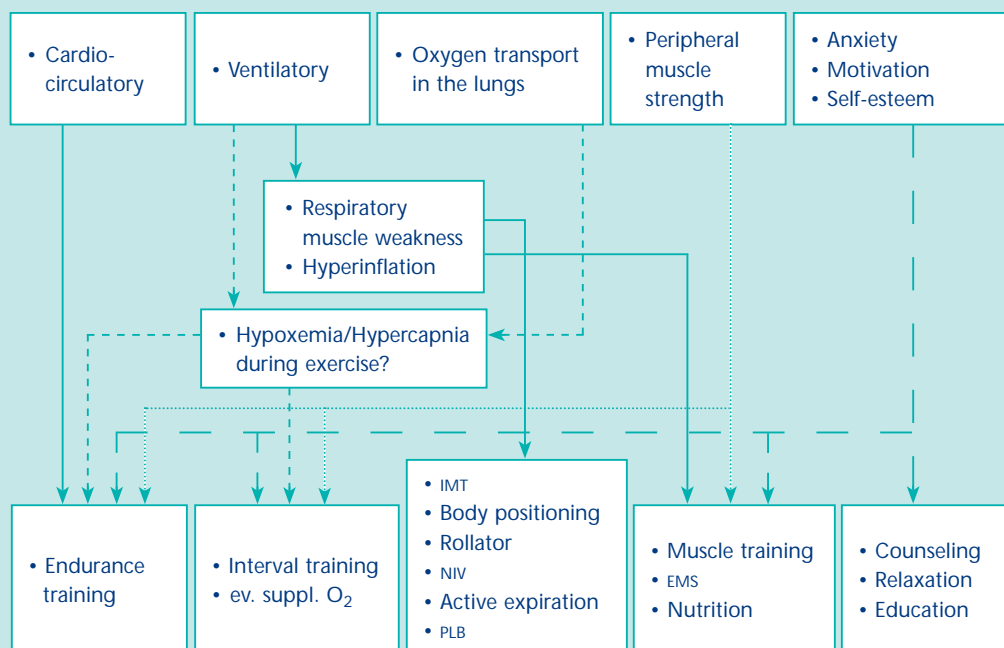
 treatment in primary care (physical activity program)

 treatment in secondary/tertiary care (rehabilitation)

KNGF-Guideline

for physical therapy in patients with
chronic obstructive pulmonary disease

Impaired exercise performance/dyspnea

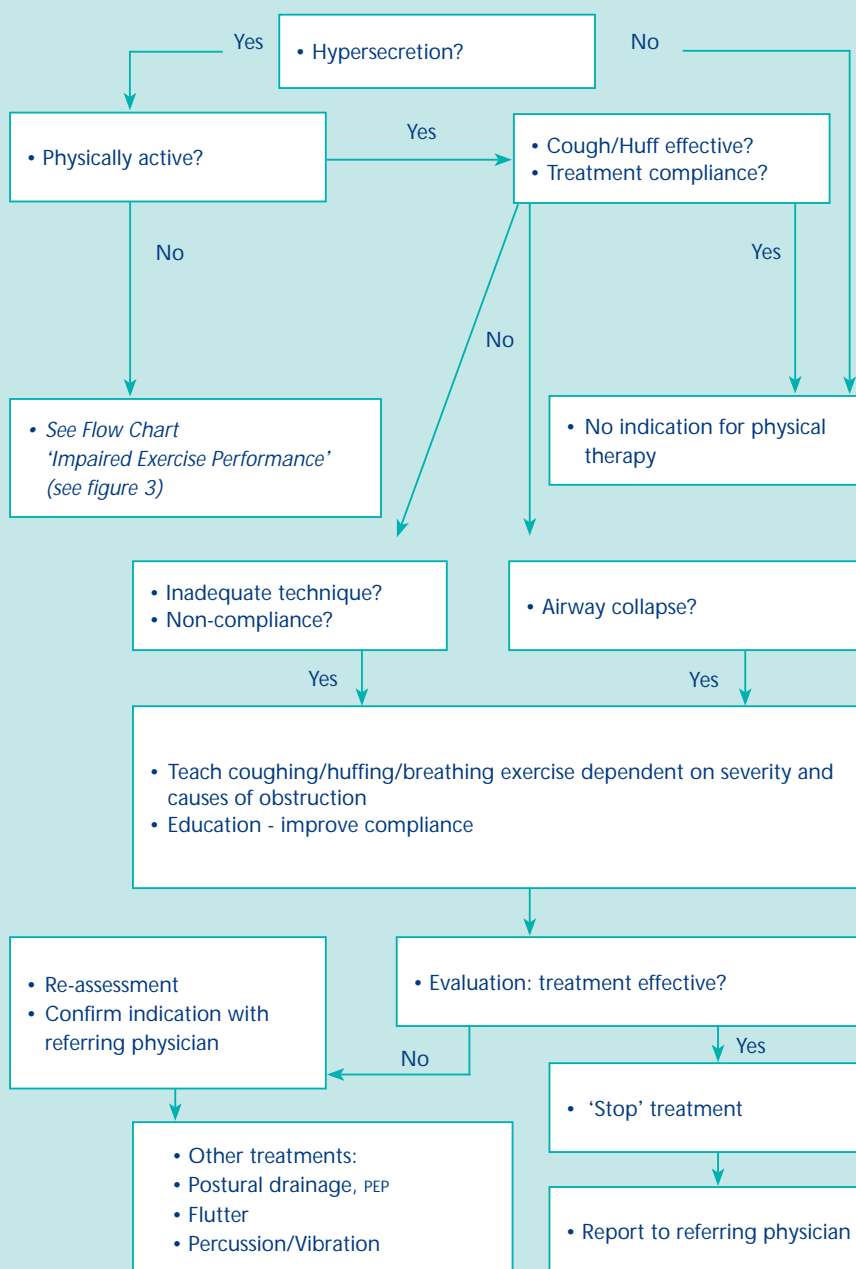


IMT = inspiratory muscle training; NIV = non-invasive ventilation; EMS = electrical muscle stimulation; PLB = pursed lips breathing; ev. = eventually.

KNGF-Guideline

for physical therapy in patients with
chronic obstructive pulmonary disease

Impaired Mucus Clearance



PEP = positive expiratory pressure.