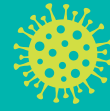


Ukuzivocavoca ngokuphefumula



World
PT Day
2021

Ukuzivocavoca ngokuphefumula kungasiza amaphaphu akho alulame ngemuva kwe-COVID-19. Kanye nokukusiza ekubhekaneni nemizwa yokukhathazeka nexhala, ukuvocavoca ngokuphefumula kungasiza ekubuyiseleni ukusebenza kwe-diaphragm futhi kwandise amandla amaphaphu. Ukuphefumula kufanele kungadingi namandla futhi kuthule - uma uzizwa uma uphefumula kungenzeka ukuthi usebenza kanzima kakhulu.

Udokotela wezimo zomzimba angakuyala kulezindlelazokuzivocavoca zivivinyo ezilandelayo.

1

Ukuzivocavoca ngokuphefumula ngenkathi ulele ngomhlane

Lala ngomhlane bese ugoba amadololo akho ukuze ingaphansi lezinyawo zakho kuhlale embhedeni.

2

Ukuzivocavoca ngokuphefumula ngenkathi ulele ngesisu

Lala ngesisu bese ubeka ikhanda lakho ezandleni zakho kube nesikhala sokuphefumula.

3

Ukuzivocavoca ngokuphefumula ngenkathi uhleli

Hlala uqonde onqenqemeni lombhede noma esihlalweni esiqinile.

4

Ukuzivocavoca ngokuphefumula ngenkathi umile

Yima uqonde bese ubeka izandla zakho nxazonke zesisu sakho.

- Beka izandla zakho phezulu noma nxazonke zesisu sakho.
- Gcina umlomo wakho uvaliwe sikhathi sonke.
- Donsa umoya ngesineke ngamakhala akho bese uzizwa isisu sakho senyukela/ sikhukhumala.

- Akudingeki uphefumulele udonse umoya ngokuphelele - yonga ukuphefumula okukhulu kokwenza ukuzivocavoca.
- Njengoba ukhipha umoya, vumela umoya ushiye amaphaphu akho ngesineke; akudingeki ukuthi uphushe noma uphume ngenkani. Zizwe ukukhululeka kwengcindezi njengoba uphefumula.
- Phinda umzuzu owodwa.

5

Ukuzivocavoca ngokuphefumula ngokuzamula okuya ekumamathekeni

- Hlala uqonde onqenqemeni lombhede wakho noma esihlalweni esiqinile.
- Finyelisa izingalo ngaphezu kwekhanda bese uqala ukuzamula okunokuzelula okukhulu.
- Letha izingalo zakho phansi bese uqedela ngokumamatheka imizwana emithathu.
- Phinda umzuzu owodwa

Lo msebenzi uhlanganisa ukunyakaza nokuphefumula okujulile, okusiza ukukhulisa ukuhlanguka nokwakha amandla ezingalweni nasemahlombe. Iphinde ivule imisipha esifubeni sakho ukunikeza i-diaphragm isikhala sokunweba.

6

Ukuzivocavoca ngokuphefumula ngokuvungama

- Hlala uqonde onqenqemeni lombhede wakho noma esihlalweni esiqinile.
- Beka izandla zakho nxazonke zesisu sakho.
- Njengoba izindebe zakho zivaliwe, phefumula ngesineke ngamakhala akho bese uzizwa isisu senyuka / sikhukhumala.
- Uma amaphaphu akho esegcwele, gcina izindebe zakho zivaliwe bese ukhipha umoya ngenkathi uvungama, wenze umsindo othi "hmmmmmm". Qaphela ukuthi izandla zakho zehlela kanjani phansi.
- Futhi, phefumula ngamakhala akho, bese uwukhipha ngamakhala akho ngenkathi uvungama.
- Phinda umzuzu owodwa.

Lolu lwazi luye lwasuselwa emithonjeni elandelayo:

www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-recovery-breathing-exercises;

www.physiotherapyforbpd.org.uk/wp-content/uploads/2017/06/YOUR-Guide-to-Good-Breathing.pdf

Ungaqali ukuzivocavoca, bese uthinta udokotela wakho, uma une: fever; ukuphefumula noma ukuphefumula kanzima ngenkathi uphumule; ubuhlungu besifuba noma ukushaya kwenhliziyo; ukuvuvukala okusha emilenzeni yakho.

YEKA ngokushesha ukuzivocavoca uma uba nezimpawu ezilandelayo: isiyenzi; ukuphefumula kancane kunokujwayelekile; ubuhlungu besifuba; isikhumba esipholile, esibumbene; ukukhathala ngokweqile; ukushaya kwenhliziyo okungajwayelekile; noma yiziphi izimpawu ozibheka njengeziphuthumayo.



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www.world.physio/wptday