

PATIENT INFORMATION NEWSLETTER

August 2026

Vol. 4

Dedicated to restoring movement, relieving pain, and improving lives through compassionate, ethical, and affordable physiotherapy care for all.

Mission

“To deliver world-class physiotherapy and rehabilitation services through clinical excellence, advanced evidence-based practices, and compassionate patient care, while maintaining accessibility and social responsibility.”



Vision

“To establish a benchmark in rehabilitation healthcare by combining innovation, professionalism, and patient-centered care to improve quality of life across communities.”

Our Health Message

Healthy joints don't happen by chance. They happen through movement, strength, and proper care.

Dear Readers,

As we welcome the month of August, we also observe World Lung Day (25th August)—a reminder to appreciate one of the most remarkable organs in our body. From the moment we are born until our final breath, our lungs work tirelessly, asking for very little in return. Yet, in our busy lives, we often take them for granted. When we think about health, we usually focus on blood sugar, blood pressure, cholesterol, bones, joints, or body weight. Rarely do we pause to ask, “How healthy are my lungs?” The answer to this question has become increasingly important in today's world, where pollution, sedentary lifestyles, stress, smoking, and recurring respiratory infections challenge our ability to breathe freely.

The COVID-19 pandemic taught us a lesson that humanity will not soon forget—that the simple act of breathing is precious. Many who once climbed stairs effortlessly suddenly understood what breathlessness feels like. It reminded us that good health begins with something we perform nearly twenty thousand times every day: breathing. As physiotherapists, we witness every day how closely breathing is connected with movement. A person with chronic back pain often breathes shallowly because of pain. Someone with poor posture unknowingly reduces the expansion of the lungs. Patients recovering from surgery regain confidence not only by strengthening their muscles but also by learning to breathe effectively. Even athletes, despite their exceptional fitness, spend countless hours training their breathing to improve endurance and performance.

Healthy lungs are not built by medicines alone. They are nurtured by regular physical activity, good posture, clean air, nutritious food, adequate hydration, restful sleep, and conscious breathing. A brisk walk, a few minutes of deep breathing, avoiding tobacco, and maintaining an active lifestyle can collectively preserve lung function for decades. This month's newsletter is dedicated to helping you understand your lungs better. We have included practical breathing exercises, lifestyle tips, and simple home-based strategies that anyone can follow. Our goal is not merely to treat disease, but to promote wellness and empower every individual to take charge of their own health.

At Pro-Fit Physiotherapy, we believe that prevention is always better than cure. Physiotherapy is not only about relieving pain—it is about improving the quality of life through movement, education, and healthy habits. Every patient who walks through our doors reminds us that good health is built one small step at a time. As you read this edition, we encourage you to pause for just a moment. Take a slow, deep breath. Feel your lungs expand. Appreciate the incredible gift that your body gives you every second of every day.

Let this World Lung Day inspire all of us to protect our lungs, care for our families, and create healthier environments for future generations. After all, every dream we chase, every step we take, every laugh we share, and every moment we cherish begins with a single breath. Wishing you and your family good health, strength, and many years of easy, effortless breathing.

Team Pro-Fit Physiotherapy
“Restoring Movement, Inspiring Health.”

Core Values

Compassion
Accessibility
Community Responsibility

Integrity
Patient-Centered Care
Continuous Learning

Excellence
Holistic Approach
Help those in need

Quote of the Month:

“Strength grows in the moments when you think you can't go on, but you keep going anyway.”



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**Pro-Fit Physiotherapy, Next to BM Pristine
Krupanidhi College Road, Gunjur, Bangalore - 560087**

Understanding Your Lungs: The Engine of Life

Every minute of every day, your lungs quietly work to keep you alive. An average adult breathes nearly 20,000 times each day, supplying oxygen to every cell and removing carbon dioxide from the body. Unfortunately, we often ignore our lung health until we develop cough, breathlessness, chest infections, or fatigue.

Healthy lungs are not only important for breathing—they are essential for:

- Heart health
- Brain function
- Good immunity
- Physical endurance
- Better sleep
- Faster recovery from illness
- Healthy ageing



Whether you are a student, office worker, athlete, homemaker, or senior citizen, taking care of your lungs should become part of your daily routine.

Why Are Lung Diseases Increasing?

Modern lifestyles have significantly affected respiratory health.

Common causes include:

- Air pollution
- Cigarette smoking and passive smoking
- Dust exposure
- Indoor smoke from cooking
- Poor posture while sitting & Lack of exercise
- Obesity
- Viral infections and Allergies
- Occupational exposure to chemicals

Warning Signs You Should Never Ignore

Consult a healthcare professional if you experience:

- ✓ Breathlessness during routine activities
- ✓ Persistent cough lasting more than 3 weeks
- ✓ Frequent chest infections
- ✓ Wheezing
- ✓ Chest tightness
- ✓ Coughing blood
- ✓ Unexplained weight loss
- ✓ Bluish lips or fingertips
- ✓ Difficulty breathing while lying down

Early diagnosis can prevent serious complications.

Many people with reduced lung capacity simply complain of:

"I get tired easily."

"I cannot climb stairs."

"I feel breathless."

"I don't have stamina anymore."

These may be early signs that your lungs require attention.

Simple Ways to Keep Your Lungs Healthy

1. Walk Every Day

Walking is one of the best exercises for your lungs.

Aim for 30–45 minutes of brisk walking at least 5 days per week.



2. Maintain Good Posture

Slouched shoulders compress the lungs.
Sit upright.
Keep your chest open.
Stretch regularly if working on computers.

3. Stay Hydrated

Water keeps mucus thin and easier to clear from your lungs.
Drink sufficient water unless restricted by your physician.

4. Avoid Smoking

Stopping smoking is the single most important step for lung health.
Even passive smoking damages lungs.

5. Improve Indoor Air Quality

Open windows regularly.
Reduce dust accumulation.
Avoid excessive room fresheners and incense smoke.

6. Eat Lung-Friendly Foods

- ✓ Green leafy vegetables
- ✓ Citrus fruits
- ✓ Carrots
- ✓ Tomatoes
- ✓ Beetroot
- ✓ Nuts
- ✓ Seeds
- ✓ Whole grains
- ✓ Protein-rich foods

Antioxidants help reduce inflammation and improve lung function.



Home Breathing Exercises

Diaphragmatic Breathing:

Purpose: Strengthens the main breathing muscle (diaphragm).

How to do:

- Lie down or sit comfortably.
- Place one hand on your chest and one on your abdomen.
- Slowly inhale through your nose.
- Allow only your abdomen to rise.
- Exhale slowly through your mouth.

Repeat:

10 breaths × 3 sets

Practice twice daily.



2. Pursed Lip Breathing

Excellent for:

- Breathlessness
- COPD
- Elderly individuals
- Anxiety-related rapid breathing

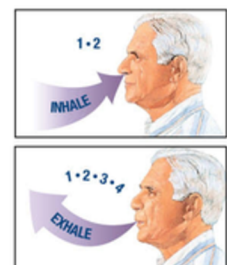
Method:

Inhale through the nose for 2 seconds.
Purse your lips like blowing out a candle.
Exhale slowly for 4–6 seconds.

Repeat:

10 repetitions

3–4 times daily.



3. Deep Breathing Expansion Exercise

Take the deepest breath possible.
Hold for 3–5 seconds.
Slowly exhale.

Repeat:

10 repetitions

3 sessions daily.

This helps improve lung expansion and prevents collapse of small air sacs.



5. Balloon Blowing Exercise

Blow into a balloon slowly.
Do not force.

Repeat:

5 inflations

Rest between attempts.

This improves respiratory muscle strength.

(Not recommended immediately after chest or eye surgery.)



Lung Health Checklist

- ☐ I exercise at least 150 minutes each week.
- ☐ I avoid smoking.
- ☐ I eat fruits and vegetables every day.
- ☐ I seek medical help for persistent cough or breathlessness.
- ☐ I do breathing exercises daily.
- ☐ I maintain good posture.
- ☐ I drink enough water.

Health Tip of the Month

Take a "Breathing Break" every hour.
Pause your work for one minute.
Take five slow deep breaths.
Stretch your shoulders.
Stand up and walk for two minutes.
Your lungs, heart, neck, and back will all thank you.

Remember

"Every breath is a gift. Healthy lungs mean a healthier heart, a stronger body, a sharper mind, and a longer, more active life." This World Lung Day, make a commitment to care for your lungs—not only when you're sick, but every single day.

Team Pro-Fit Physiotherapy

"Helping You Move Better, Breathe Better, and Live Better."



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4. Segmental Chest Expansion

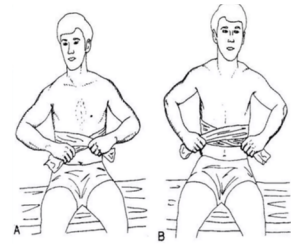
Place your hands on the sides of your lower ribs or use a towel to prevent expansion.

Take a deep breath trying to push your ribs outward.

Hold for 2 seconds.

Relax.

Repeat 10 times.



6. Walking with Controlled Breathing

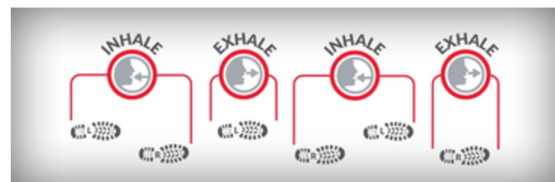
Walk at a comfortable pace.

Inhale for two steps.

Exhale for three or four steps.

Continue for 15–20 minutes.

Excellent for improving endurance.



Our Care Community - United for Better Care



Veteran Hands: Trusted Healing

Discipline in Service - Compassion in Care



Bangalore Rehabilitation Association of Veteran Experts

Serving Bengaluru with the Discipline of Soldiers & the Compassion of Healers

BRAVE is a distinguished network of highly experienced physiotherapists who proudly served in the Armed Forces before dedicating themselves to improving the health and well-being of the community. The uniform may have changed, but the commitment to serve remains the same.

Having worked under some of the most demanding and challenging conditions, our veteran physiotherapists bring exceptional clinical expertise, unwavering discipline, integrity and a patient-first approach to every individual they treat. Forged through years of treating soldiers in demanding environments, BRAVE members combine advanced clinical expertise with discipline, integrity and compassionate care.

With experienced BRAVE members located across every corner of Bengaluru, quality physiotherapy care is always within your reach. Whether you prefer treatment at one of our member clinics or require physiotherapy in the comfort of your home, our trusted professionals are committed to delivering evidence-based, compassionate and affordable care.

OUR SERVICES INCLUDE:

JOINT, MUSCLE, BACK AND NECK PAIN
STROKE AND NEUROLOGICAL REHABILITATION
POST-OPERATIVE REHABILITATION
SPORTS INJURY MANAGEMENT
GERIATRIC PHYSIOTHERAPY AND MOBILITY ENHANCEMENT
ORTHOPAEDIC REHABILITATION
LIFESTYLE AND WORK-RELATED MUSCULOSKELETAL DISORDERS

CONTACT US



Professional Care at Your Doorstep. Trusted by Experience. Driven by Service.

Unable to travel? Our members also provide professional home physiotherapy services, bringing quality rehabilitation directly to your doorstep. **Wherever You Are in Bengaluru, a BRAVE Physiotherapist is Near You.**

