

PATIENT GUIDE · ASTHMA

Managing Asthma with Confidence

Asthma is highly treatable. This guide covers the essentials of good asthma control, common triggers, and the breathing techniques respiratory physiotherapy adds on top of your medical plan.

What is asthma?

Asthma is a long-term condition in which the airways become inflamed and reactive to triggers, causing wheeze, cough, chest tightness and breathlessness.

Good control means minimal symptoms, no night waking, and no need for reliever inhalers more than twice a week.

Common triggers

- Exercise, cold air, or laughing
- Colds and chest infections
- Pollen, dust mites, pet dander
- Stress and strong emotions
- Smoke, perfumes, cleaning products

Breathing techniques we teach

Nose breathing. Breathing through your nose warms, humidifies and filters air, reducing airway irritation.

Diaphragmatic breathing. Encourages a calmer, more efficient breathing pattern and reduces reliance on the neck and shoulder muscles.

Breath-hold recovery. A gentle protocol used to reduce over-breathing after exertion.

Your asthma action plan

We'll review your written asthma action plan with you, check your inhaler technique, and add practical breathing strategies to reduce day-to-day symptoms.

Before your appointment

Bring this completed checklist to your first session — it helps me understand your goals and design the right plan for you.

- Your main goal for treatment (e.g. climb stairs without stopping)
- A list of your current respiratory medications and inhalers
- Any recent hospital letters, spirometry or scan reports
- Notes on when symptoms are best and worst during the day
- Typical triggers (exercise, cold air, allergens, stress)
- Any recent chest infections in the past 12 months
- Details of past surgeries or hospital admissions
- Your usual level of daily activity
- Questions you'd like to ask during the session

This guide provides general education and is not a substitute for personal medical advice. If you experience severe breathlessness, chest pain, or a sudden change in symptoms, seek urgent medical attention.