



## Catherine George

BPhy, NZRP, MTSANZ, MPNZ Certificate of Proficiency in Breathing, Performance and Rehabilitation (AUT). Bradcliff method certified.

### **The Lung Mechanic**

#### **Bio**

I am a respiratory physiotherapist who over the last 23 years has worked overseas and in New Zealand across acute and primary care populations with children, youth and adults, assessing, treating and encouraging self-management of respiratory conditions. I trained in Dunedin when the physiotherapy building first opened. I started The Lung Mechanic over 6 years ago. Working in the private sector has been a journey, especially the public aren't aware that respiratory physiotherapy exists. The Covid 19 pandemic has changed that somewhat. I have seen an increase in people seeking help for all sorts of breathing issues, cough and stress as well as long covid.

#### **Abstract**

##### **The Exhausting, The Breathtaking and The Dizzying**

The last 4 years have led me on a journey of discovery and understanding as well as some good old scrambling to try and keep up with research in the space of ongoing symptoms post covid-19.

Covid -19 may now be considered 'not an issue' and fading into the background but for many, the ongoing effects are devastating and still very much current.

Individuals are still being gaslit despite good evidence to prove causes for ongoing post viral fatigue. This fatigue is still being approached inappropriately by many and potentially causing further harm to them. Quick fixes are being peddled to the desperate.

Breathlessness is mainly due to breathing pattern dysfunction but as to why this is so high post covid we still don't know. However, it can be helped and this is transformative for many. Dysautonomia is more common than ever and physiotherapy can really help! It is part of the first line of management, before medications.

30 minutes cannot do justice to this topic but there are key points from research and my experience I would love to share to ensure you can help your patients no matter the setting. Learn to be curious, ask the right questions and set these people up for a journey of empowerment and management of their symptoms. Enabling them to get back on track to live their lives as best they can.