



**HeartLungCare**  
Physio & Rehab

**Pulmonary,  
Cardiovascular & Diabetes  
Rehabilitation Centre**

**Dr. Sheral Thomas Kachpile (PT)**

B.P.Th, M.P.T-Cardiovascular & Respiratory

Physiotherapy (KEM Hospital, Mumbai)

Reg.No: 2018/09/PT/007207

**For Appointments:**

 **+91 8767865231**

**Monday To Saturday**

**Morning:- 9 am to 12 pm**

**Evening:- 5:30 pm to 7:30 pm**



## ■ Components Of Physiotherapy & Rehabilitation

- Patient Assessment
- Patient Education
- Breathing Exercises / Breathing Retraining
- A Tailor Made Exercise Program, Prescribed & Monitored By Cardiovascular & Respiratory Physiotherapist According To Individual's Needs & Goals
- Energy Conservation Techniques
- Psychological Support
- Behavioral Modification
- Diet & Lifestyle Modification



## ■ How Does Cardiovascular & Pulmonary Rehabilitation Help?

- It Improves Lung Capacity
- Reduces Breathlessness & Cough

- Reduces Fatigue
- Increases Oxygenation
- Assists In Airway Clearance
- Improves Functional Capacity
- Improves Your Immunity
- Promotes Psychological Support
- Increases Cardiorespiratory Endurance
- Reduces Cardiovascular Disease Risk factors
- Helps To Perform Daily Activities More Efficiently
- Improves Quality Of Life
- Promotes Long Term Adherence To Health Enhancing Behaviors.



## — Pulmonary Rehabilitation

### Who Needs To Participate?

Individuals Diagnosed With Following Lung Disease:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- POST COVID
- Pneumonia
- Bronchiectasis
- Interstitial Lung Disease (ILD)
- Pleural Disease
- Post Lung Resection Surgeries/ Thoracic Surgeries



## — Vascular Rehabilitation

### Who Needs To Participate?

Individuals Diagnosed With Following Disease:

- Peripheral Artery Disease (PAD)
- Venous Disease (Varicose Veins)
- Lymphatic Disease (Lymphoedema)



## — Cardiac Rehabilitation

### When Is It needed?

- Post Angioplasty
- Post Coronary Artery Bypass Surgery (CABG)
- Post Heart Valve Surgery
- Coronary Artery disease
- Hypertension
- Syncope



## Diabetes Rehabilitation

### How Does Exercise in Diabetes Help?

- Reduces Blood Glucose Level
- Improves Insulin Action
- Increases Glucose Uptake
- Prevents & Delays Diabetes Related Complications.
- Reduces HbA1c Level
- Advice About Skin & Foot Care


## “ Testimonial

- » I had been diagnosed with COVID and was on supplemental oxygen for 1 month. Undergoing post COVID Rehab in Heart Lung Care Physio & Rehab has helped me a lot. Now my supplemental oxygen is stopped and my breathlessness and weakness is reduced and i am able to do daily activities more effeciently.
- » I was diagnosed with asthma and had shortness of breath and chest tightness. I consulted Dr. Sheral and Doctor explained me in very detailed and simple manner on what is Pulmonary Rehab and how it helps in strengthening your lungs and muscles and improving oxygenation. The excellent council on breathing exercises and recovering from asthma triggers has immensely helped me.
- » I have hypertension and diabetes since 10 years and since 1 year I had symptoms of pain in bilateral feet and cramps in calf muscles. I enrolled in diabetes Rehab and Cardiovascular Rehab and now my leg symptoms and cramps are reduced and blood pressure and sugar levels are in control.




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