

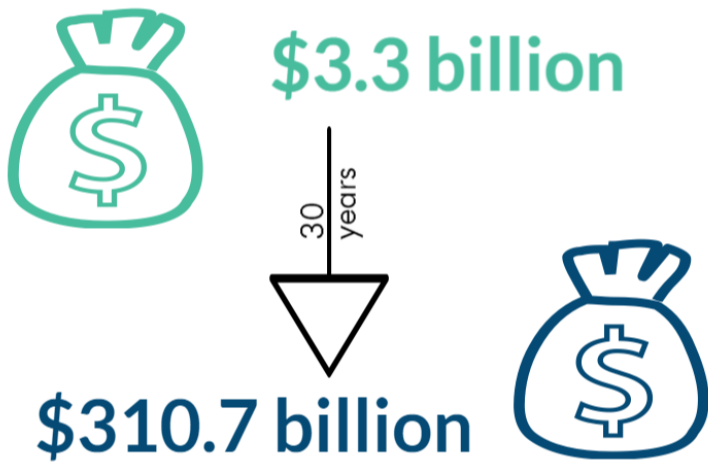
# Physiotherapy and Chronic Obstructive Pulmonary Disease

Chronic Obstructive Pulmonary Disease (COPD) is a chronic condition that results in significant lung damage and breathing restrictions.



In Canada, COPD accounts for the highest rate of hospital admissions among major chronic illnesses (26% over a 4 year period).

Approximately 780,000 Ontarians (5.9% of the population) are living with COPD.



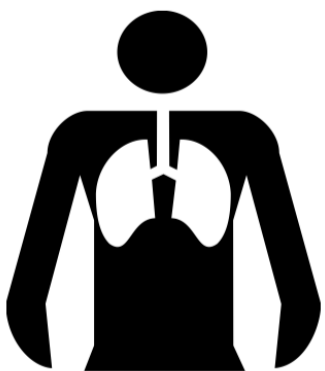
In 2011, COPD was expected to cost Ontario's health system \$3.3 billion. The total cost over the next 30 years is expected to reach \$310.7 billion.

## How can physiotherapists help?

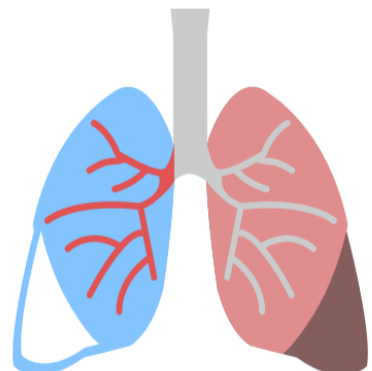
Physiotherapists have the competencies to identify those at risk of COPD and refer on to appropriate health professionals to confirm diagnosis.



Physiotherapists can assess, diagnose and develop effective treatment plans to improve the quality of life of those living with COPD, thereby reducing hospitalizations.



Physiotherapists can deliver interventions that have been shown to slow down the progression of COPD and can help manage the associated emotional and functional impacts



In-patient pulmonary rehabilitation (PR) and follow-up programs are important in maintaining improved health outcomes in the COPD population.

It is estimated that access to PR for COPD patients could save Ontario's economy:

**\$76.2 billion over the next 30 years.**



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