

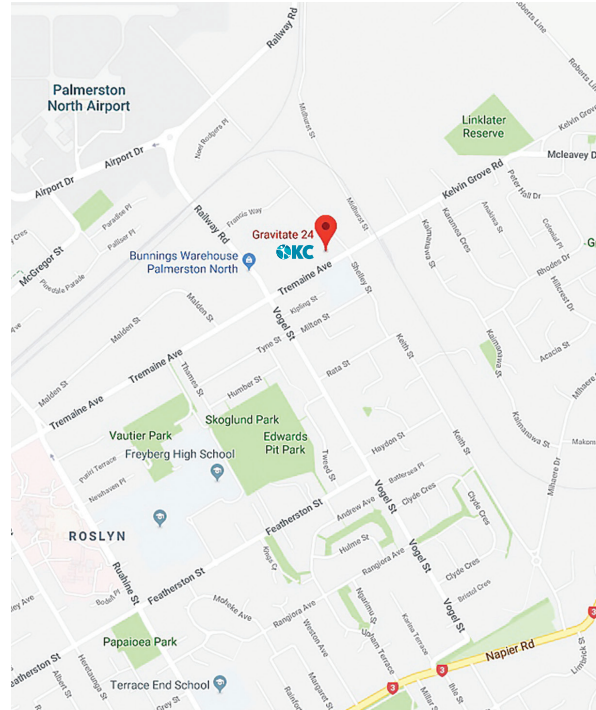
OraKinetics operates in collaboration with the MidCentral DHB, and the Central PHO providing advanced exercise reconditioning and health promotion services for the Manawatu community.

## WHO WE ARE

Lukas and Sonja Dreyer, Clinical Exercise Physiologists (CEP) at OraKinetics Clinic are registered under the Clinical Physiology Board of New Zealand (CPRBNZ) and are healthcare professionals with over 50 years combined teaching and research experience.

Both have extensive practical experience in delivering worksite health promotion, pre- and post-surgical musculoskeletal rehabilitation, lifestyle and behavioural modification directed at the prevention and management of chronic metabolic, cardiovascular conditions like diabetes, cardiac, pulmonary and neurological conditions.

Ora in Maori means life/health and kinesis means physical movement. OraKinetics is born from these terms, meaning a *natural, responsive movement towards better health through manipulation of physical stimulus.*



[www.orakinetics.co.nz](http://www.orakinetics.co.nz)



## PULMONARY EXERCISE PROGRAMME



*Life through movement*

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OraKinetics offers specialised exercise programmes for individuals with medical or musculoskeletal conditions or injuries in a safe and supervised environment.

# PULMONARY EXERCISE PROGRAMME

The Pulmonary Exercise Programme at OraKinetics is a supervised exercise programme designed to provide comprehensive care for patients with pulmonary conditions to support them to become more physically active and independent while learning to manage their pulmonary condition.

The objectives of the OraKinetics Pulmonary Exercise Programme are to:

- Increase the functional exercise capacity of the patient
- Provide safe individualised and supervised exercise programmes
- Provide patient and family support, and develop basic knowledge of exercise
- Promote positive lifestyle changes, including nutrition, weight loss, stress management and smoking cessation
- Link patients to education sessions and organisations relevant to pulmonary disease
- Decrease feelings of anxiety and depression, and increase self-confidence and overall health

## Eligible Candidates

Patients with any of the following conditions may be eligible for the programme:

- COPD (Chronic Obstructive Pulmonary Disease)
- Asthma
- Emphysema
- Chronic Bronchitis
- Cystic Fibrosis
- Restrictive Lung Disease
- Bronchiectasis

## Entry Criteria

A physician's or Clinical Nurse Specialist (CNS) referral from MidCentral DHB is required for admission to the Pulmonary Exercise Programme. If certain entry criteria are met, the 10-week program will be fully funded by MidCentral DHB.

*NOTE: Participants must have quit smoking, or intend to quit smoking before starting the Pulmonary Exercise Programme.*

## Pulmonary Exercise Testing

All patients referred to the clinic will undergo a pre-training assessment involving completion of health questionnaires, a submaximal cycle exercise testing (possibly with an ECG) and other functional tests as required.

## Exercise Programme and Monitored Exercise Sessions

Based on the results from the exercise testing, and presence of other health/musculoskeletal conditions, an individualised exercise programme will be developed.

Exercise sessions are held twice per week for the 10-week programme. Each session will generally include:

- Flexibility, endurance and strength training
- Continuous supervision and monitoring of exercise responses
- Progression closely monitored and recorded
- Patient and physician feedback provided after baseline testing and again after the 10-week re-testing

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## Patient Monitoring

Heart rate, blood pressure, SaO<sub>2</sub> and 30 second ECG will be checked before, during and after each exercise session. This ensures each patient is both safe to undertake their exercise programme and that they have recovered as expected before leaving OraKinetics.