

Hyperventilation Syndrome(HVS)

- When you breath faster and shallower more than your normal ventilation rate and depth, it unbalances oxygen and carbondioxide level of blood.

Symptoms of hyperventilation syndrome

- Breathlessness
- Tightness around the chest
- Anxiety
- Dizziness



Causes of hyperventilation syndrome

- Anxiety which is brought on by stress response to stress.
- Overusing these upper chest muscles lead to feelings of breathlessness and tightness in the chest.

You can follow these steps to reduce HVS

1. Recognise your symptoms for what they are. You can help yourself by taking control of the causes and consequences of your symptoms.
2. Improve the way you breath with the help of physiotherapist by how to breath slowly and deeply which helps you to relax your body
3. Manage stressful situation without being anxious or stressed by practicing more effective breathing exercises.
4. Be calm and relaxed.



Respiratory physiotherapist can make a huge difference in your breathing pattern by educating you on how to make your body controlling respiratory rate and breath volume. There is no quick treatment to HVS and you have to practice correct breathing pattern more and more to prevent disease and reduce symptoms.



Wephysio
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The Hyperventilation Syndrome Research And Clinical Treatment

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