# AHP 360 video : physiotherapy scene one

## Respiratory ward

>> CONNOR: So, I'm just going to have a wee listen to your chest, if that's all right. I'd like you to just kind of sit upright comfortably.

>> PATIENT: Sure.

>> CONNOR: And just have a little breathe for me. Just try not to overthink it. And I'm just going to listen. Okay. If that's not too cold.

>> PATIENT: [BREATHING]

>> CONNOR: Good. And just this side.

>> PATIENT: [BREATHING]

>> CONNOR: That's fine. And then over to this side here.

>> PATIENT: [BREATHING]

>> CONNOR: Good. And onto to this side.

>> PATIENT: [BREATHING]

>> CONNOR: Good. And now I'd like you to just sit forward a wee bit for me. That's fine.

>> PATIENT: No bother.

>> CONNOR: Have we listen to your back now? Okay?

>> PATIENT: [BREATHING]

>> CONNOR: Good. And this side.

>> PATIENT: [BREATHING]

>> CONNOR: Just listen to the lower parts.

>> PATIENT: [BREATHING]

>> CONNOR: Good.

>> CONNOR: And this one for me.

>> PATIENT: [BREATHING]

>> CONNOR: Okay. That's great. Thanks for doing that. So, we're a little bit crackly at the bottom.

>> PATIENT: Okay.

>> CONNOR: I think we might have a bit of phlegm or something in there.

>> PATIENT: Okay.

>> CONNOR: So, if it's all right with you, I'd like to talk through some breathing exercises, maybe have a practice with you.

>> PATIENT: Cool.

>> CONNOR: So, what we'll do is just try to relax for a minute. You can put your hand on your tummy if you like. Sometimes it helps to breathe deeply. And we're just going to do some nice controlled breathing into the nose, out through the mouth.

>> PATIENT: Okay. [BREATHING]

>> CONNOR: That's good.

>> PATIENT: [BREATHING]

>> CONNOR: Do a couple of these first

>> PATIENT: [BREATHING]