



Our Mission

At Breathe Easy Kenya, our mission is to empower people living with respiratory conditions to breathe better, move more, and live fuller lives.



Our Goals

- Improve symptoms of breathlessness and fatigue.
- Increase physical fitness and independence.
- Reduce hospital admissions and prevent disease-related complications.



Our team

Breathe Easy Kenya is led by a Specialist Respiratory Physiotherapist with extensive experience in respiratory care within the NHS in the United Kingdom and in Kenya.



BREATHE EASY
— KENYA LTD —
PULMONARY REHAB & SPECIALIST RESP PHYSIO CLINIC
Better Breath. Better Movement. Better Life.

WE CAN HELP

You can do it



Contact us

Phone/WhatsApp:

+254 0111890358

Email:

breatheeasykenya@gmail.com



BREATHE EASY
— KENYA LTD —
PULMONARY REHAB & SPECIALIST RESP PHYSIO CLINIC

RESPIRATORY PHYSIOTHERAPY

Helping You Breathe
Better, Move More, and
Live Well.

What is respiratory physiotherapy?

Respiratory physiotherapy is a specialist area of physiotherapy focused on improving breathing and managing symptoms related to chronic lung disease through structured exercise, education and lifestyle changes.

Living with a respiratory condition doesn't mean you have to stop doing the things you enjoy. With the right support, education, and exercise, you can improve your confidence, independence, and quality of life.

Our treatment programmes are evidence-based and individually tailored to your needs and goals.

What does it involve?



Every patient begins with a comprehensive one-to-one assessment by a Specialist Respiratory Physiotherapist.



Establishment of an individualised exercise programme and goal setting that matters to you.



Safe, supervised exercise.
During sessions, patients are monitored using clinical observations, including oxygen saturation, heart rate, symptoms, and breathlessness.



Disease specific education.
Understanding your condition is one of the most important steps towards managing it well. Our education topics include breathing control, airway clearance, energy conservation and much more.

Who can benefit?

Respiratory physiotherapy can help people living with:

- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma
- Bronchiectasis
- Interstitial Lung Disease (ILD)
- Pulmonary Fibrosis
- Long COVID
- Long-term oxygen users
- Neuromuscular conditions
- Following pneumonia or severe respiratory infections
- Before or after lung or abdominal surgery
- And many more conditions that result in breathing difficulties

If you're unsure whether respiratory physiotherapy is right for you. Please contact us and we'd be happy to discuss your symptoms.