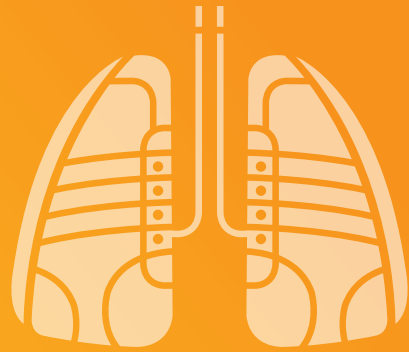


TOP TIPS!



Wear flat comfortable shoes.



Bring your bronchodilators (inhalers).



Bring a bottle of water and make sure to drink plenty during the class.



Bring your portable oxygen if you use this.



Keep up the good work at home!

This program improves quality of life.

Helps shortness of breath and fatigue.

Gives you more control of your symptoms

Improves your fitness level.

Helps anxiety and depression often linked with lung disease.

Helps you to feel better about yourself.

Scan code to access Pulmonary Rehabilitation education videos



PULMONARY REHABILITATION

Patient Information Leaflet



What is Pulmonary Rehabilitation?

This leaflet gives you general information on pulmonary rehabilitation. It does not replace individual advice from a healthcare professional.

What is Pulmonary Rehabilitation?

The programme consists of exercise and education classes held twice a week over an eight-week period as an outpatient.

The programme is designed to help you:

- Manage your breathlessness
- Feel stronger and fitter by strengthening your muscles and improving the way you breathe.
- Understand your lung condition better

What are the benefits of Pulmonary Rehabilitation?

Pulmonary rehabilitation helps you feel more confident to exercise and gradually increases your fitness level. Over time, you should become less breathless when completing daily activities such as walking, going up stairs, shopping and getting dressed. You should also feel less tired. You should be able to manage your breathlessness better and have more control over how you are feeling.

What does it consist of?

- Assessment.
- Breathing tests.
- Exercise in the class and at home.
- Teaching sessions.
- Review.

Exercise

Your exercise class will be designed around your needs and a respiratory physiotherapist/nurse will help you. The exercises will consist of a warm-up, training and cool-down. You will get out of breath when you take part in a Pulmonary Rehabilitation course, but this is part of the therapy. You will always be monitored and you will never be asked to do more than you can do safely.

Can I enter the program if I smoke?

Quitting smoking is the single most important change you can make to improve/manage your lung condition. Our program offers help with quitting smoking as part of the program.

How do I access Pulmonary Rehabilitation?

Please ask your GP to determine your suitability for the programme.

