



# Pulmonary Rehabilitation Programme

This leaflet gives you general information on your pulmonary rehabilitation programme. It does not replace individual advice from a healthcare professional. If you have any questions, please ask a physiotherapist or respiratory nurse.

## What is the pulmonary rehabilitation programme?

The programme consists of exercise and education and is designed to help you to:

- Cope with your breathlessness
- Feel stronger and fitter by strengthening your muscles and improving the way you breathe
- Understand your condition better

## How is pulmonary rehabilitation delivered?

The service is delivered:

- **Remotely:** Via telephone or video conferencing with weekly follow-up sessions held over six weeks. *\*Internet or digital access not essential.*
- **Face to face:** Classes will be held twice a week over six weeks.

## The benefits of pulmonary rehabilitation

Pulmonary rehabilitation is proven to be beneficial for people with Chronic Obstructive Pulmonary Disease (COPD) and other respiratory conditions. Pulmonary rehabilitation helps you to:

- feel more confident exercising and gradually increases your fitness level
- feel less breathless when completing daily activities, such as walking, climbing stairs, shopping and getting dressed
- improve balance and co-ordination
- find out more about your condition
- gain advice about lifestyle changes and a long-term plan for managing your lung condition
- learn techniques to better manage your breathlessness.
- feel less fatigued
- improve your mood

## Before the programme

Before you start the programme, you will have an appointment with a Physiotherapist. They will chat with you about your symptoms and what you aim to achieve through the course. They will also assess your starting fitness level. The Physiotherapist will then set out an exercise programme, tailored to your individual abilities and needs.

## What happens during the remote programme?

### EXERCISE

Your home exercise programme will be designed around your needs and ability. A respiratory physiotherapist will explain the exercises for you to complete a minimum of twice weekly. The programme will consist of a gentle warm-up, strengthening and co-ordination exercises and cool-down. We may also ask you to complete some aerobic exercise daily, such as walking, swimming or gardening.

To support you along the way we will contact you each week, to check how you are doing and continue to tailor the programme to your needs. Our team will never ask you to do more than you can.

### EDUCATION

You will be sent a comprehensive booklet which will help you to understand your condition better. You can chat with a member of the team when they contact you each week, giving you the opportunity to discuss any of the topics or questions you may have on a one to one basis.

## What happens during the face to face classes?

### EXERCISE

Your exercise class will be designed around your needs, and a respiratory physiotherapist will help you. The exercises will consist of a gentle warm-up, circuit training and cool-down. We always check how you are doing and will never ask you to do more than you can.

### EDUCATION

**The education classes will help you to understand your condition better. Topics include:**

- How the lungs work & how to live well with your lung condition
- Breathing, relaxation & airway clearance techniques
- Advice on inhalers and respiratory medication
- The benefits of exercise and exercise at home
- Advice on your diet and how to stop smoking
- Advice to help with prioritising, planning & pacing your activity

**Once you have completed the supervised pulmonary rehabilitation programme, the team will re-assess your fitness. We will then provide advice and information on how you can continue to exercise in order to maintain the benefits you have gained throughout the course.**

## Feedback from our patients

Here are some testimonials from others who have experienced the benefits of our pulmonary rehabilitation programme:



*I felt a difference in my condition almost immediately. Within the first week I started feeling a lot better. I can clear my chest easier and can walk further. I found the programme very beneficial.*



*The course is brilliant and I would recommend it to anyone with a lung condition. I feel fitter physically and mentally and can control my breathing better.*



*I have had expert help from the team with medication, answering my queries on the condition and providing support to exercise.*



*My breathing has definitely improved. The team gave good and sympathetic advice.*



**If you are interested in joining the programme, please ask your health care professional for a referral to the service.**

If you have any further questions, or would like to discuss the pulmonary rehabilitation programme with a member of our team, please contact us on the details below.

## Customer Access Service

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