

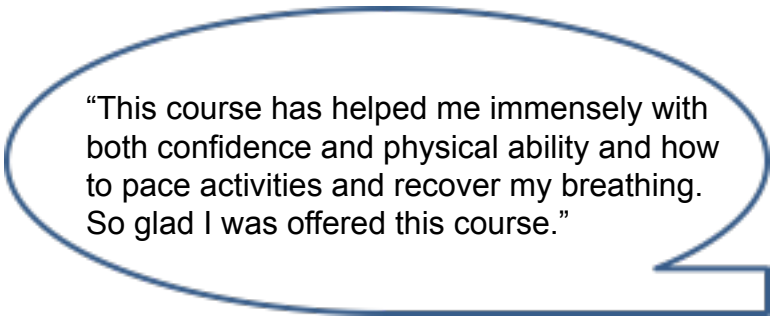
Pulmonary Rehabilitation

What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation is a six-week programme of exercise and education led by Specialist Physiotherapists and Technical Instructors. It is specifically designed for people who have a chronic lung condition with breathlessness that limits day-to-day life. It is a highly evidence based programme proven to help improve exercise tolerance, reduce breathlessness, reduce hospital admissions and keep you well for longer.

The programme aims to provide you with the skills and confidence to manage your lung condition.

Each session comprises of a simple exercise programme followed by an education talk. You will have the opportunity to talk to other people with similar conditions and symptoms. The sessions are free, informal and very friendly.



“This course has helped me immensely with both confidence and physical ability and how to pace activities and recover my breathing. So glad I was offered this course.”

What will the exercise session include?

Many people who are breathless due to their lung condition worry that activity may cause harm, so they reduce or avoid activities that make them breathless. This can lead to muscle weakness and deconditioning which make everyday tasks more difficult to carry out.



It is important for anyone with a chronic lung condition to remain as active as possible.

Your Physiotherapist will set you a safe, achievable and individualised exercise programme that will gradually increase your activity and fitness levels. The exercises aim to help reduce your breathlessness and build your strength so you find everyday activities less difficult.



You will be taught techniques to manage your breathlessness during and after exercise, which may help you to achieve more during your exercise programme, but also to manage better during your day-to-day activities at home.

“It gave me the incentive to make more effort; I found that little bits of exercise make a big difference.”

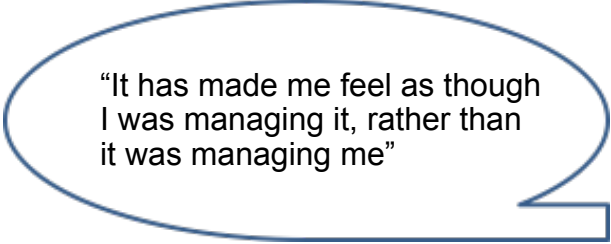
What will the education session include?

The education sessions aim to give you the knowledge and skills to understand and manage any symptoms caused by your lung condition. The sessions will include the following topics:

- Understanding your lung condition

- Chest clearance
- Managing an exacerbation
- Relaxed breathing techniques
- Breathlessness management
- Energy conservation and pacing your activities
- Keeping active
- Healthy eating
- Respiratory medications and inhalers
- Singing for lung health
- Clinical psychology.

These education sessions may be available in leaflet form, through online videos or delivered face-to-face by different health care professionals.



“It has made me feel as though I was managing it, rather than it was managing me”

How often do I have to attend?

The programme runs twice a week for six weeks. Each session will comprise of up to one hour of exercise, followed by a 30 minute education talk/ discussion.

We ask you to commit to attending and participating in every session.

You will also be expected to continue the exercises at home in your own time. This will allow you to get the most benefit from the course.

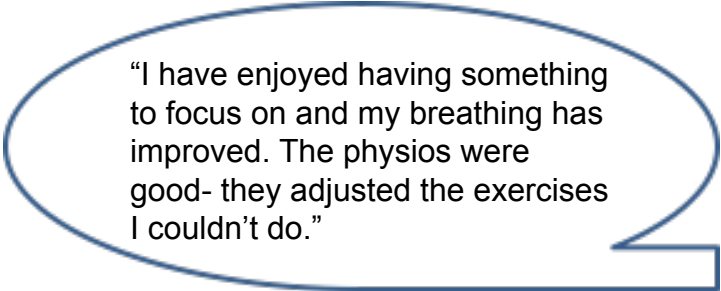
Following completion of the six-week programme, you will be given advice and encouragement to maintain and continue to build your exercise and level of fitness.

Please do not attend the group or exercise at home if you have a chest infection and you are on a course of antibiotics or if you feel generally unwell. Please wait until you have completed the antibiotics and your chest infection has cleared before you resume.

Is the programme suitable for everyone?

Before starting the programme, you will be assessed by a Specialist Physiotherapist to find out how your lung condition affects your day-to-day life. You will be asked about any medical conditions to ensure that it is safe for you to complete the exercise programme. There are certain circumstances e.g. unstable cardiac conditions, where Pulmonary Rehabilitation will not be suitable.

We will always tailor the exercises to suit your medical needs and physical ability.



“I have enjoyed having something to focus on and my breathing has improved. The physios were good- they adjusted the exercises I couldn’t do.”

What should I wear?

You will need to wear comfortable clothing and flat shoes.

What do I need to bring?

Please bring:

- Reading glasses (if required)
- A cold drink
- Reliever inhaler (if you have one)
- GTN spray (if you have one)
- Oxygen cylinder (if you use it).

Further information

You can find out more information about the service by scanning the bar code below



or by visiting:

<https://www.youtube.com/watch?v=6QsKaqBnB20>

Pulmonary rehabilitation classes:

Wakefield

Thornes Park Athletic Stadium, 101 Thornes Road,
Wakefield, WF2 8QD

Monday 1.30pm or 3pm & Thursdays at 1.00pm or 3.30pm.

Pontefract

Aspire @ The Park, Park Road, Pontefract, WF8 4RA

Monday & Wednesday at 1.00pm or 2.30pm.

South Elmsall

Minsthorpe Leisure Centre, Ash Grove, South Elmsall,
WF9 2TF

Tuesday & Thursdays at 12.00pm.

If you have any questions about the Pulmonary Rehabilitation course please contact:

MY Therapy, Pulmonary Rehabilitation

Tel: 01977 747471

Please tell us about your experience - scan the QR code or visit: tiny.cc/midyorks. If you need this leaflet in another format or to tell us about a concern, make a complaint or express your appreciation, please contact the Patient Advice and Liaison Service on: **01924 542972** or email: myh-tr.palsmidyorks@nhs.net



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