

## How to contact the team

- Respiratory Physiotherapy Team  
0118 322 7560
- Respiratory Medicine CAT-11  
0118 322 6676  
Email: rbbh.CAT11@nhs.net

## Meet the team

The Pulmonary Rehab programme is run by physiotherapists and supported by a dietitian, a respiratory consultant, an occupational therapist, specialist respiratory nurses, Age UK, Talking Therapies and Palliative Care.



## How to get to your classes

Pulmonary Rehab is held at Royal Berkshire Hospital and Palmer Park Leisure Centre.

Parking is available at both of these sites but please ensure you leave plenty of time before your appointment/class.

From the RBH car park, enter the hospital via Level 2. Walk past the shops, turn right down the steps/slope into Eye Block, and then continue into Battle Block. Get the lift/stairs down to Level 1. Inpatient Therapies is located on the left across from the Friends café in the conservatory.

Palmer Park Leisure Centre is on Wokingham Road. Parking is available in front. Enter via the main entrance through the automated barriers. The upstairs studio has lift access.



## Further information

Asthma & Lung UK  
[www.asthmaandlung.org.uk](http://www.asthmaandlung.org.uk)

To find out more about our Trust visit  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Respiratory Medicine Physiotherapy  
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# Pulmonary Rehabilitation: helping you manage your lung condition

## Information for patients

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**You have been referred to the Pulmonary Rehabilitation Programme. This leaflet explains what that entails and gives you advice on getting the best out of it.**

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## What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation (often called 'Pulmonary Rehab') is a 6-week programme of exercise and education.



## Who is it for?

Pulmonary Rehab is for people with long-term respiratory conditions such as **Chronic Obstructive Pulmonary Disease (COPD)**, **Bronchiectasis**, **Pulmonary Fibrosis** or **Asthma**. It is suitable for people with or without long-term oxygen.

## How can Pulmonary Rehab help?

- It can help to manage shortness of breath.
- It can help to build muscle strength.
- It can improve general fitness.
- It can help you understand your condition better

## How do I get referred?

- Referred by your respiratory consultant.
- Referred by your GP or practice nurse.
- After a stay in hospital.

## How will the Pulmonary Rehab Programme start?

You will receive a phone call appointment to assess if you are suitable for the class. The clinician will explain what happens on the Pulmonary Rehab Programme and when and where it takes place.

## What will happen on my first visit?

For your first two visits to Pulmonary Rehab, you will complete some walking tests, before starting your 6-week supervised exercise programme. This allows us to tailor the exercise programme to your own abilities.



## What will each class consist of?

Each class will be a circuit-based exercise class that aims to strengthen your muscles and improve your aerobic fitness. Your physiotherapist will teach you to monitor your own breathing during exercise.



## What do I need to bring with me to the class?

Comfortable clothes, such as tracksuit bottoms, trainers, a pen, reading glasses if you need them, any inhalers you're on and a bottle of water.

