



The Respiratory Physiotherapy Team

You have been referred to our service by your respiratory consultant, GP or respiratory nurse. This leaflet explains who we are and how we can help you.

What respiratory conditions can we help with?

- Bronchiectasis
- Chronic Obstructive Pulmonary Disease (COPD)
- Breathing Pattern Disorder / Dysfunctional Breathing
- Asthma, and other various respiratory conditions

What other related conditions can we help with?

- Breathing / coughing issues caused by Neuro Muscular Disease and Multiple Sclerosis
- Various other neuro muscular diseases that may affect your cough

How your respiratory physiotherapist can help you

- Provide education and advice to allow you to self-manage your lung condition better and reduce the risk of recurrent chest infections and hospital admissions.
- Teach you breathing exercises to manage your symptoms, e.g. breathlessness and help to clear sputum more effectively.
- Provide equipment if you have a neuromuscular condition with a weak cough to aid chest clearance.
- Refer on to other services if required, e.g. pulmonary rehabilitation, community teams or speech and language therapists.

What you can expect

If you are coming to a new patient appointment, this will take approximately 30 minutes. Please arrive at least 10 minutes early to fill out questionnaires. Please bring any equipment that you regularly use for your breathing/coughing issues, e.g. Cough Assist, Aerobika.

You will be assessed by one of our specialised respiratory outpatient physiotherapists.

You will then have a follow-up appointment. The regularity of this will depend on your condition and symptoms, e.g. 3 month to 6 months after your initial assessment.

Cancelling or rescheduling appointments

The Respiratory Physio service is in high demand so we have introduced strict rules regarding cancelling appointments:

- If you fail to provide at least 24 hours' notice when cancelling your appointment, we may only offer another appointment under exceptional circumstances.
- In the event that you are discharged due to a late cancellation, you will be required to obtain

a new referral from your referring clinician.

- If you re-schedule your appointment on more than 2 occasions, you will be discharged and require a new referral.

Contact details

Respiratory Department (L2 South Block, Royal Berkshire Hospital)

Craven Road, Reading RG1 5AN

Tel: 0118 322 6676 or Email: rbb-tr.cat11@nhs.net

Monday – Friday 8am-5pm

To find out more about our Trust visit www.royalberkshire.nhs.uk

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

RBFT Respiratory Physiotherapy, December 2025

Next review due: December 2027