

## How to contact the team

- Respiratory Physiotherapy Team  
0118 322 8545
- Respiratory Medicine CAT-11  
0118 322 1894  
Email: rbbh.CAT11@nhs.net

## Meet the team

The Pulmonary Rehab programme is run by physiotherapists and supported by a dietician, respiratory consultant, occupational therapist and specialist respiratory nurses.



## How to get to your classes

Pulmonary Rehab is held in the gym in the Inpatient Therapies Department on Level 1 in Battle Block.

We recommend you park in the multi-storey car park off Craven Road – please be aware that spaces are limited so leave plenty of time before your class.

From the car park enter the hospital via Level 2. Walk past the shops and 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.



## Further information

British Lung Foundation

[www.blf.org.uk/support-for-you/keep-active/pulmonary-rehabilitation](http://www.blf.org.uk/support-for-you/keep-active/pulmonary-rehabilitation)

Visit our website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

Royal Berkshire NHS Foundation Trust  
London Road  
Reading RG1 5AN  
Telephone 0118 322 5111

This information can be made available in different languages and formats upon request.

Respiratory Medicine Physiotherapy, July 2019  
Review due: July 2021

**Pulmonary  
Rehabilitation:  
helping you manage  
your lung condition**  
Information for patients

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You have been referred to the Pulmonary Rehabilitation Programme at the RBH. 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)**. 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.

## How will the Pulmonary Rehab programme start?

You will receive an invite to attend the clinic 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. You will be taught to monitor your own breathing during exercise. Your physiotherapist will help you with this.



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

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

