

## When should I start rehab?

The best time to start pulmonary rehab is after an exacerbation or flare up.



“I found the whole experience to be extremely useful and rewarding. The physio staff are excellent and very supportive and reassuring. I highly recommend a ten week session!”

## **RUH** Pulmonary Rehabilitation

**Pulmonary rehabilitation is designed to help you cope with your breathlessness and feel stronger and fitter at the same time**



**This leaflet tells you about a typical pulmonary rehabilitation course.**

**When you have a lung problem, particularly a long-term one, you can find it difficult to move around or do your normal daily activities without getting breathless. You may also find that you get tired very easily and often feel exhausted.**

Getting out of breath can be very frightening, which makes the breathlessness worse. In trying to avoid this, people often reduce the amount of activity they do. However, this does not help, as over time you become unfit, tired and more breathless. Pulmonary rehabilitation can help by breaking that vicious cycle.

## What does Pulmonary Rehabilitation involve?

A typical pulmonary rehabilitation course with weekly or twice weekly sessions, runs over six to ten weeks usually includes:

- a physical exercise programme, carefully designed for each individual;
- advice on lung health and coping with breathlessness;
- a friendly, supportive atmosphere working with other patients who have similar conditions who really understand how things are for you.

With the support of trained health professionals - physiotherapists, nurses, occupational therapists, doctors and other patients - a rehabilitation course will teach you how to increase your activity carefully, cope with your breathlessness and manage periods of panic better.



## Where does it take place?

There are courses at the RUH, and in Wiltshire, Somerset, and Bath.

If you agree to find out more we can pass your details to the local team who will then contact you to give you more information and if you are interested, arrange an appointment to assess you.

Comments from patients who have attended the RUH programme.

## How can it help me?

Pulmonary rehabilitation is proven to help you walk further whilst coping with and treating your lung conditions, more effectively. As a result your day to day activities (such as washing, dressing and socialising) should feel easier. It is very easy to be frightened by breathlessness. Pulmonary rehab should help you gain more control over your breathlessness and the fear of breathlessness.

“Inactivity is a hallmark of COPD and the COPD programme has been essential to me. COPD is a lonely condition and sharing exercise with others dispels that. On the practical side the exercise programme is very manageable and the benefits of improved fitness and ability to control breathing are apparent very quickly.”