

# Pulmonary Rehabilitation.

An overview.

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## What is Pulmonary Rehabilitation?

Many people with a lung condition become short of breath whilst carrying out their everyday activities. Being short of breath can be very frightening and subsequently some people reduce the amount of activity they do. However, avoiding these activities can lead to decreased fitness and even more breathlessness.

Pulmonary Rehabilitation is an evidence-based programme of gentle exercise and education, designed to help you manage your breathlessness and improve your fitness. By participating in Pulmonary Rehabilitation, you gain more knowledge about living with a lung condition, giving you more confidence and ability to carry out your daily activities.

## Who will benefit from Pulmonary Rehabilitation?

Pulmonary Rehabilitation is aimed at people who have been diagnosed with a chronic lung condition and who experience breathlessness in their daily life.

It is essential that individuals are motivated to take part in the programme to gain the full benefits.

## How can I take part?

To take part in a Pulmonary Rehabilitation course you need to be referred to the Community Respiratory Service. Talk to your GP who can refer you.

Upon referral, you will be invited to an assessment appointment to determine your suitability for Pulmonary Rehabilitation.

## Pulmonary Rehabilitation courses

A Pulmonary Rehabilitation course is a six-week programme attended by a small group of people, led by a qualified respiratory physiotherapist or nurse. You will be required to attend two sessions per week, each lasting approximately two hours. Past attendees found the sessions had a supportive and friendly atmosphere.

The sessions include:

- A graded exercise programme tailored to your individual needs.
- Educational talks covering all aspects of your lung condition.

### The exercise programme

The exercise programme consists of different exercises which are designed to improve upper and lower limb strength, endurance and cardiovascular fitness.

Additionally, a home exercise programme is provided to allow you to continue the exercises in your own home.

### The educational talks

The educational component covers various topics including:

- Breathing control
- Panic and anxiety management
- How lungs work and lung disease
- The benefits of exercise
- Managing activities of daily living
- Relaxation
- Medications
- Nutrition



## Where do the courses take place?

Pulmonary Rehabilitation courses are held in the following venues:

### Scunthorpe

The Pods,  
Ashby Road,  
Scunthorpe,  
DN16 1AA

### Barton

Baysgarth Leisure Centre,  
Brigg Road,  
Barton-upon-Humber,  
DN18 5DT

If you require this leaflet in another language, Braille or audio tape, please contact us on 0800 012 1858.

If you have any questions or queries about Pulmonary Rehabilitation, you can contact us on 0800 012 1858.