

Pulmonary Rehabilitation

Information for patients

This leaflet has been provided to you as it has been recommended you attend Pulmonary Rehabilitation





90% of patients who complete a PR programme have higher activity and exercise levels, and report an improved quality of life.

NHS England

What is pulmonary rehabilitation?

Pulmonary rehabilitation, also known as Pulmonary Rehab (PR), is an exercise and education program for people who have chronic (ongoing) breathing problems. It can help improve your ability to function and quality of life. PR will help you learn how to manage your disease and adopt healthy lifestyle behaviours.

How will PR help me?

There's evidence that PR can:

- Improve breathlessness
- Improve your fitness and ability to do daily activities
- Help you understand and manage your condition better
- Help you feel better mentally by reducing fatigue, anxiety and depression
- Reduce hospital and GP visits
- Improve life expectancy

What can I expect?

Pulmonary Rehabilitation (PR) programmes are delivered by health care professionals and typically last a minimum of six weeks, with two sessions per week lasting up to two hours.

Half the time will be dedicated to physical exercise, and the other half will focus on education. Sessions might include:

Information about:

- Your diagnosis and rehabilitation
- Flare-up management
- Inhaler use
- Smoking cessation

Exercises to improve:

- Mobility strength
- Breathlessness energy levels

What should I do to prepare?

You don't need to do anything to prepare for your PR programme. Just bring yourself and a commitment to getting started.

"I enjoyed being with other people in similar situations as myself. The staff were very friendly, helpful and understanding. Also, I am much more knowledgeable of my condition."

PR Patient

What if...

"I'm not fit enough"

Sessions will be tailored to your level so that exercises are challenging but achievable. Over time, your fitness will improve.

Remember, most people doing PR will be in a similar position and everyone has to start somewhere!

"I don't have time"

If you are struggling to free up time, speak to your GP. You might be able to find solutions together.

PR can significantly help people in the long run. Setting aside the time now, could help you manage daily activities better in the future.

"I'm not the right age"

Anyone over 18 years can attend PR and there is no upper age limit.

"I can't get to the sessions"

All services have a variety of programmes including virtual and home programmes which they can discuss with you during your initial assessment.

Where can I find out more?

To find out more about Pulmonary Rehabilitation and how it can help you, visit asthmaandlung.org.uk/living-with/keeping-active/pulmonary-rehabilitation or speak to your GP or health care professional.