



What is pulmonary rehabilitation?

- > Pulmonary rehabilitation (PR) is an exercise and education programme that could include exercise classes, information about looking after your body and lungs, advice on managing your lung condition and techniques to manage breathlessness.
- > PR usually lasts 6–8 weeks, with two sessions a week. You'll be in a group with others.
- > It's held in local hospitals, community halls, leisure centres and health centres.

Who is pulmonary rehabilitation for?

- > PR is for people who experience symptoms of breathlessness, including those who have long-term lung conditions.
- > This could include chronic obstructive pulmonary disease (COPD), bronchiectasis, pulmonary fibrosis or severe asthma.

What are the benefits?

PR can improve quality of life by:

- > improving your muscle strength so you can use the oxygen you breathe more efficiently and become less breathless
- > improving your fitness so you feel more confident to do everyday tasks
- > helping you to feel less tired
- > reducing your risk of being admitted to hospital with a chest infection or flare-up
- > helping you to understand and manage your condition better.

For further resources on keeping active with a lung condition, visit www.asthmaandlung.org.uk



www.prsas.org
pulmrehab@rcp.ac.uk