

# Pulmonary Rehabilitation

## The Benefits of Exercise

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**Pulmonary Rehabilitation is a combination of exercise and education provided in a programme run by physiotherapists and other healthcare professionals from different areas.**

**The course is aimed at people with chronic lung disease and their families.**

The aim of pulmonary rehabilitation is to help you to self-manage your condition as well as helping you achieve and maintain your maximal level of independence and functioning.

Pulmonary rehabilitation is recommended for people with COPD and some other respiratory conditions, who consider themselves functionally disabled by their breathing condition.

Pulmonary rehabilitation facilitates exercise in a controlled environment and provides education to help you control your breathing during exercise.

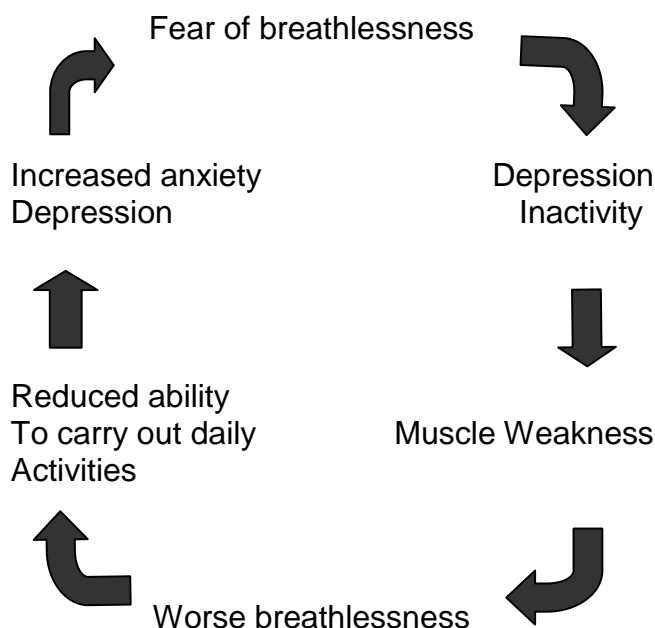
### Aims of Pulmonary Rehabilitation

- To improve your ability to exercise
- To reduce your feelings of breathlessness
- To improve your overall feeling of well-being
- To educate you about your disease and to help you self-manage your condition effectively
- To improve your quality of life

### Why Exercise?

People often avoid exercise because it makes them breathless.

Less activity and exercise leads to lower fitness levels, an increased feeling of breathlessness and muscle wasting.



Doing even small amounts of exercise can break this vicious circle of inactivity.

As you continue to exercise you will actually find you can do activities without becoming as breathless.

**Remember – Breathlessness Is a Normal Response to Exercise!**

**Eight good reasons to exercise regularly:**

1. To improve general muscle strength and stamina.
2. To strengthen the heart muscle.
3. To help to reduce feelings of breathlessness.
4. To reduce feelings of anxiety and depression.

5. To improve confidence and well-being.
6. To help strengthen the immune system so that your body can improve its ability to fight infection.
7. Improves your ability to carry out activities of daily living.
8. To gain a good habit for life.

### **It is important to warm up before exercising and cool down afterwards**

#### **Warm up**

- Designed to warm your muscles, joints and heart up in preparation for exercise
- Warm up should mimic the exercise session
- It shouldn't be too hard

#### **Cool Down**

- Designed to cool your muscles, joints and heart down

#### **Do's and Don'ts**

##### **Do**

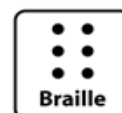
- Take your blue inhaler about 15 minutes before you exercise if you need to
- Wear sensible footwear and layers of loose clothing
- Work to within your own limits – everyone has different exercise capabilities
- Exercise another 3-5 times during the week for about 20 minutes
- Have a drink (not alcohol) after exercise to avoid dehydration.
- Report any adverse symptoms
- Ask questions to get the most out of the class
- Enjoy yourselves!!

##### **Don't**

- Eat a large meal or drink alcohol before exercising and wait at least an hour afterwards.
- Exercise if you are unwell or have an infection.
- Expect to be able to exercise as hard if the weather is very hot or cold
- Try to compete
- Give up! All your hard work will soon be lost! Your physiotherapist can refer you on to an exercise programme in the community when you are discharged.

##### **Remember**

- **You need to exercise regularly**
- **Breathlessness is a normal response to exercise**
- **During exercise you should aim to feel moderately breathless (BORG score 3-4)**
- **Your physiotherapist will assess your individual capabilities and advise on exercise that is suitable for you.**
- **You physiotherapist can also offer advice about your daily activities and breathing exercises.**



#### **If you require a special edition of this leaflet**

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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**Email: [interpretationandtranslation@aintree.nhs.uk](mailto:interpretationandtranslation@aintree.nhs.uk)**