

Name: _____

**You have been referred for
Pulmonary Rehabilitation**

Your first class starts

On: _____

At: _____

The venue is: _____

The course currently runs at:

Heartlands Hospital
Physiotherapy Department
Bordesley Green Road,
Birmingham B9 5ss
01214240493

Monday 11am-12.30pm
Thursday 11am-12.30pm

Solihull Hospital
Physiotherapy Department
Lode Lane
Solihull B91 2JL
01214244044

Monday 11am-12.30pm
Thursday 11am-12.30pm

Good Hope Hospital
Physiotherapy Department
Rectory road, Sutton Coldfield,
Birmingham B75 7R
01214247040

Tuesday 3.15pm – 4.15pm
Friday 2pm – 3.45pm

Contact Numbers:

The Pulmonary Rehabilitation leads on each site
are:

Heartlands Hospital:
Claire Byrne 0121 4240493

Solihull Hospital:
Helen Beadle 0121 4244044

Good Hope Hospital:
Anita Clarke 0121 4247040

The above numbers are for the Physiotherapy
Department reception desk. As we work across
the three hospitals we may not always be on
site when you phone. Therefore please leave a
message and we will get back to you.

**You may also be put through to an answer
machine – please leave a message and we will
call you back.**

Patient Information

Pulmonary Rehabilitation Class



Welcome to Pulmonary Rehabilitation

What is Pulmonary Rehabilitation?

A course of gentle physical exercises and a lot of advice and information to help you manage your condition.

What is involved?

The session starts with exercise which will be followed by a compulsory, fun and informative talk, relating to your condition. Refreshments and biscuits are provided.

The class runs twice per week and we encourage patients to attend both sessions each week in order to achieve the maximum benefit from the course.

At your first session you may be asked to do a walk test, if you feel well enough. This is nothing to be worried about. It is a simple walking test between two markers. This gives us a good understanding of how you are feeling and how you are coping with your condition before you start the classes.

We understand that on occasions you may be unable to attend a session. If this is the case please telephone to let us know.

If we have not heard from you and you have not attended for four weeks you will be discharged and will have to be re-referred by your doctor.

How long is the course?

The course is twelve weeks long, and most patients will attend between 12 and 24 sessions in total.

Who runs the course?

The class is organised by the Physiotherapy Department and an experienced Physiotherapist is present at all classes. We also have input from Occupational Therapists, Respiratory Nurses and Dietitians.

Will I be able to cope?

The walking test and exercises are all adjusted depending on your condition, and you are able to rest whenever you need to.

Do I have to come on my own?

No, we welcome partners or friends at the initial assessment and during the course.

Do I need special clothes?

Comfortable loose fitting clothes and comfortable shoes are all that is required.

If you have been told by your doctor that you need to wear oxygen whilst walking, please bring your portable oxygen with you. If you are not sure then bring your oxygen.

Who attends Pulmonary Rehab?

There are a variety of patients within the group – male and female aged 40 – 90! There will be people worse than you and better than you.

Why bother?

Following the course most people feel:

1. Fitter
2. Able to do more
3. Better able to cope with their condition
4. Glad to have met others with the same problems.

I'm still not sure?

If you still have worries please feel free to telephone and discuss the course with us. You will find our contact details on the back of this leaflet.