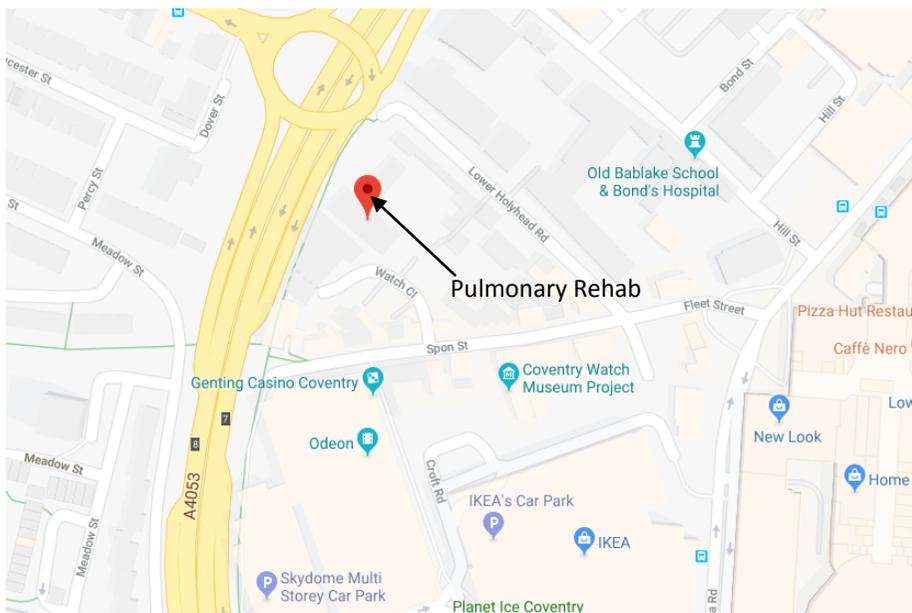


**Grace Lobley**—Clinical Exercise Physiologist  
**Louisa Stonehewer**—Respiratory Physiotherapist  
**Lee Tompkins**—Cardiopulmonary Exercise Specialist  
Centre for Exercise & Health  
Watch Close  
CV1 3LN

If you need any further information please contact us on:



Car parking is available at the Skydome car park at a concessionary rate of £1.10. Please bring your car park ticket with you for validation. There is additional pay and display car parking available on Watch Close and Spon Street.

## ***Pulmonary Rehab*** ***Centre for Exercise and Health***



**‘All the staff are very friendly and helpful.  
Best day’s work I ever did’ - M. Wilshire**

## What is Pulmonary Rehabilitation?

It is a course to help with your breathing and make daily activities easier.

## What will happen?

You will initially have an individual appointment to assess your general health and exercise ability. You will be asked to:

- Complete some questionnaires that tell us about your breathing.
- Do some walking so we can measure how much you are able to manage (there is no requirement on how far you need to walk).



## Programme Information

The class runs on Monday and Thursday afternoons, 13:30-15:30. Most patients attend twice per week but there is some flexibility.

It is run in small groups and each session is split into 2 parts:

**13:30**—Informal discussions/talks on a variety of topics to help you learn more about your lungs, breathing, and treatment.

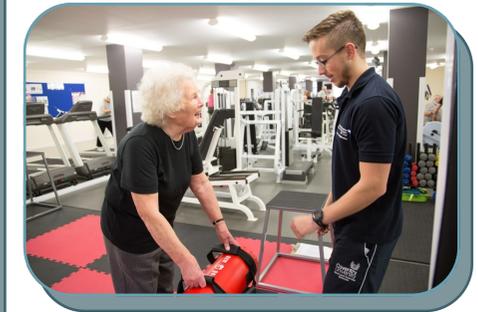
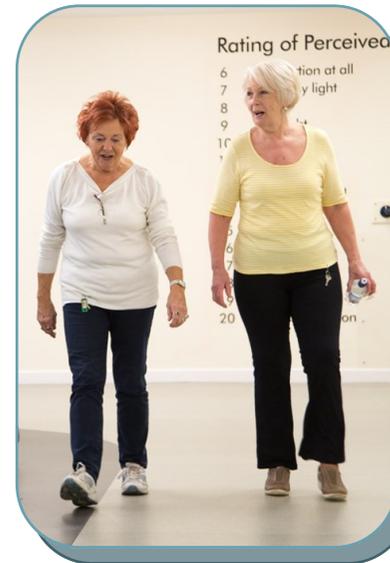
**14:30**—Exercise in a safe environment with health professionals on hand to help.

Once you have finished the course, we repeat the questionnaires and walking assessment to find out how much you have improved.

## What will you achieve?

The course will help you:

- Feel less breathless and understand your condition better
- Improve your confidence and coping strategies
- Help you recognise and cope with chest infections
- Learn about your drugs and inhalers and ensure they are working for you .
- Improve your walking distance and stamina



## For each visit:

- Wear comfortable clothing and flat, non-slip shoes.
- Bring your blue reliever inhaler (Salbutamol/Ventolin) and Oxygen if you use it.
- Make sure you've eaten beforehand.
- Bring your reading glasses if you need them.