

## **MBPH ALLIED HEALTH OUTPATIENT SERVICES**

# Pulmonary Rehabilitation



### **What is Pulmonary Rehabilitation?**

Pulmonary Rehabilitation is available to anyone with Chronic Lung Disease. The Program includes a comprehensive assessment to identify how you may be able to manage your lung condition better and improve your quality of life. Structured exercise classes are available and education sessions will be offered.

A written referral from your doctor or specialist is required. We will contact you to schedule your comprehensive assessment which will help us set up your plan for rehabilitation. This is necessary to help us tailor your rehabilitation program based on your needs.

The structured exercise program is facilitated over eight weeks and caters for difference levels of ability. The classes are run by a Registered Nurse and Physiotherapist who will monitor participants to ensure you exercise within safe limits.

The education sessions include discussions regarding how the lungs work, benefits of exercise, breathing techniques, diet, energy conservation, managing anxiety and depression, respiratory medications and community support services.

### **Pulmonary Rehabilitation aims to help you:**

- ✓ To breath better
- ✓ To increase activity
- ✓ Increase strength and walking distance
- ✓ Reduce anxiety and depression
- ✓ Prevent severe attack and hospitalisation
- ✓ Improve quality of life

### **COMMUNITY SERVICES**

**☎ (03) 5022 3250**  
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