

# FREQUENTLY ASKED QUESTIONS

## How much does it cost?

The program is a FREE service.

## How can I enrol in pulmary rehab?

Speak to your GP or specialist to enrol. All participants require medical clearance from a doctor.

## Who is eligible?

The program is available to all patients with a chronic lung condition.

## Where is it held?

The program is held in the St Vincent's Hospital Physio Department Gymnasium, located on Level 4.

# FOR MORE INFORMATION

Visit our lung health website  
[svhlunghealth.com.au](http://svhlunghealth.com.au)



# CONTACT US

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ST VINCENT'S  
HOSPITAL

# PULMONARY REHABILITATION PROGRAM

Ph: (02) 8382 3349

# PULMONARY REHABILITATION

Pulmonary rehabilitation is a program designed for people with chronic lung disease.

St Vincent's Hospital provides a comprehensive outpatient program designed to: improve the quality of life for people with chronic lung disease and manage their breathlessness.

The program includes supervised exercise and education sessions



# SUPERVISED EXERCISE

The exercises are moderate and designed to meet each person's needs and ability.

Sessions are held in the gym and include arm and leg strengthening, walking on a treadmill and riding a stationary bicycle.

# EDUCATION

The education topics include:

- The structure and function of the lungs
- Recognising and managing symptoms
- Exercise and breathing techniques
- Nutrition and lung disease
- Conserving energy
- Medications
- Managing breathlessness, anxiety and stress

# THE PROGRAM

**Duration:** 8 weeks

**Commitment:** 2 sessions a week

**Days:** Tuesday AM / Thursday PM

**Admission:** All patients require medical clearance to attend.

## Assessments:

- Lung function
- Fitness
- Quality of Life

## Goals:

- Improve self management of the condition
- Increase level of fitness
- increase function and mobility
- Reduce breathlessness
- Improve quality of life