

## HOW DO I JOIN THE PULMONARY REHABILITATION PROGRAM?

You will need a referral from your local doctor or respiratory specialist. The success of the program is due to a “multidisciplinary approach, usually by a team of specialist.”

This means that for optimal medical care for your lung condition, you should be under the care of a respiratory specialist and other allied health members (such as physiotherapist, occupational therapist, dietician, etc).

Once you have a referral letter from your GP or specialist, the best thing to do is to call the physiotherapist nearest you to book in for an appointment.

## CAN MY PARTNER JOIN TOO?

Partners are encouraged to come along and exercise with you provided they have a clearance letter from their local doctor. Ask your physiotherapist for a form or further information.

## WHEN ARE CLASSES HELD AND WHO DO I CALL?

### Bankstown Health Service

Phone 9722 8026

Fax 9722 7125

SWSLHD-Bankstown-

PulmonaryRehab@health.nsw.gov.au

### Bowral Health Service

Phone 4861 0298

Fax 4861 0251

SWSLHD-BDHPphysio@health.nsw.gov.au

### Camden & Campbelltown Health Service

Phone: 4634 4794

Fax: 4634 3887

SWSLHD-

MacarthurPulmonaryRehab@health.nsw.gov.au

### Fairfield Health Service

Phone: 9616 8324 pager 47913

Fax: 9616 8537

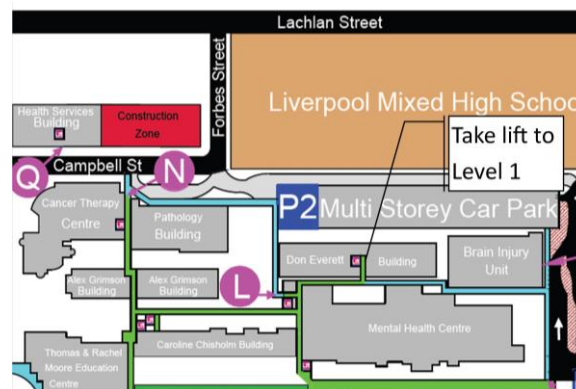
SWSLHD-FairfieldPhysioReferral@health.nsw.gov.au

### Liverpool Health Service

Phone: 8738 3000 pager 25356

Fax: 8738 8824

SWSLHD-LiverpoolPulmonaryRehab@health.nsw.gov.au



**Health**  
South Western Sydney  
Local Health District

## PULMONARY REHABILITATION PROGRAM



## LIVERPOOL HOSPITAL

Level 1 Don Everett Building  
Enter via entrance L, Campbell St  
Liverpool

## WHAT IS PULMONARY REHABILITATION?

Pulmonary Rehabilitation Program is an exercise and education program designed for people who suffer from **lung conditions which limit the things they are able to do.**

## WHY SHOULD I JOIN?

1. Improve your fitness and strength so that you can do more around the house before you feel short of breath.
2. Improve confidence on how to recover from shortness of breath thus improve your ability to cope with shortness of breath.
3. Improve your quality of life.
4. Learn more about your lungs and how you can help prevent infections thus hospital admissions.

## HOW MUCH DOES IT COST?

This service is provided **FREE!!!**

## WHAT DOES THE PROGRAM INVOLVE?

### EXERCISE COMPONENT

These exercises are individually tailored so you exercise at your own pace.

1. Warm-up and cool-down (consisting of a brisk walk or stretches)



2. Cardiovascular exercises (walking goal and exercise bike)
3. Strengthening exercises (arm and leg exercises)
4. Breathing technique/exercises
5. **Oxygen** is provided if required during exercise.

### EDUCATION SESSIONS

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Some programs will offer education sessions to help you understand your condition so that you are better able to manage it. These might include:

- Anatomy of your lungs and common lung conditions and Chest physiotherapy
- Continence Issues with COPD
- Coping with a lung condition
- Relaxation techniques
- Benefits of exercise
- How to simplify tasks around the home
- Safe Swallowing
- Smoking Cessation and COPD management plan
- Medication and correct techniques

Please call for more information or to register.