

Respiratory Team Pulmonary Rehabilitation

What we do

Physiotherapy has a very important role in improving the quality of life and increasing activity in patients with chronic respiratory problems. The physiotherapist provides an assessment considering not only breathing problems but also the effect of other illnesses on their breathing and general wellbeing.

The patient will be given education and advice about management of any breathing problems and necessary lifestyle changes.

Our pulmonary rehabilitation programme involves attending a programme of 12 exercise sessions and 6 education sessions. The exercises are set at a level for each individual so that all abilities can attend

Where we are

Our pulmonary rehabilitation programme is delivered in a variety of community locations, for patients who are not suitable for group rehabilitation, individual rehabilitation programmes can be developed and delivered either in their own homes or at York Hospital.

The physiotherapist can also follow up patients in their own homes following discharge from hospital in order to ensure maximum benefit following their stay in hospital.