



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

The Pulmonary Rehabilitation Programme

Information for patients, relatives and carers

① For more information, please contact:

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Introduction

This leaflet gives you general information on your pulmonary rehabilitation programme. It does not replace individual advice from a healthcare professional. If you have any questions, please ask your respiratory physiotherapist at your assessment.

The benefits of pulmonary rehabilitation

Pulmonary rehabilitation is proven to be beneficial for people with Chronic Obstructive Pulmonary Disease (COPD) and other respiratory conditions. Pulmonary rehabilitation helps you to:

- Feel more confident exercising and gradually increase your fitness level.
- Feel less breathless when completing daily activities, such as walking, climbing stairs, shopping and getting dressed.
- Improve balance and co-ordination.
- Find out more about your condition.
- Gain advice about lifestyle changes and a long-term plan for managing your lung condition.
- Learn techniques to better manage your breathlessness.
- Feel less fatigued.
- Improve your mood.
- Feel stronger and fitter by strengthening your muscles and improving the way you breathe.

How we deliver pulmonary rehabilitation

Before the programme

The programme includes assessment, education and exercise. Before you start the programme, you will have an appointment with a physiotherapist. They will chat with you about your symptoms and what you want to achieve through the course. They will also assess your starting fitness level. The physiotherapist will then set out an exercise programme tailored to your individual abilities and needs.

What happens during the programme?

Classes will be held twice a week over six weeks each individual session lasts about one and a half hours. The classes are held at a variety of venues across York, Selby and North Yorkshire. You will be offered a venue closest to your home address or wherever the next space is available.

Education

Education classes will help you to understand your condition better. Topics include:

- How your lungs work and how to live well with your lung condition.
- Breathing, relaxation and airway clearance techniques.
- Advice on inhalers and respiratory medication.
- The benefits of exercise and exercise at home.
- Advice on diet and how to stop smoking if appropriate.
- Advice to help with prioritising, planning and pacing activities.

Exercise

Exercise classes are designed around your needs. A respiratory physiotherapist will help you identify the exercises that will benefit you the most. Exercises will consist of a gentle warm-up, circuit training and cool-down. We always check how you are doing and will never ask you to do more that you can.

At the end of the programme

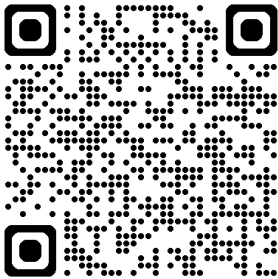
Once you have completed the supervised pulmonary rehabilitation programme, the team will re-assess your fitness. We will then provide advice and information on how you can continue to exercise in order to maintain the benefits you have gained throughout the course.

If you would like to learn how Pulmonary Rehabilitation could help you, here is a link to our "What is Pulmonary Rehabilitation" video:

<https://www.youtube.com/@yorkteachinghospital/playlists>

Then search for 'Pulmonary Rehabilitation' from the list.

Or via QR code:



Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Respiratory Physiotherapy

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Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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