

## Where and when do the classes run?

We currently run four locations within Dudley.

### St James's Medical Practice

*Malthouse Drive, Dudley DY1 2BY*

Monday + Thursday 9am-11am

Monday + Thursday 10am-12am

Tuesday + Thursday 1pm-3pm

### Cradley Sports & Social Club

*Colley Lane Halesowen B63 2BU*

Wednesday + Friday 9.30-11.30am

Wednesday + Friday 10.30am- 12.30am

### Alderman Tye, Scout Hut —Opposite Gigmill Pub

*South Road, Stourbridge, DY8 3UL*

Wednesday + Friday 1pm - 3pm

Wednesday + Friday 2pm—4pm

### Kingswinford Methodist Church

*89 Stream Road, Kingswinford, DY6 9NP*

Monday + Thursday 1pm -3pm

Monday + Thursday 2pm - 4pm

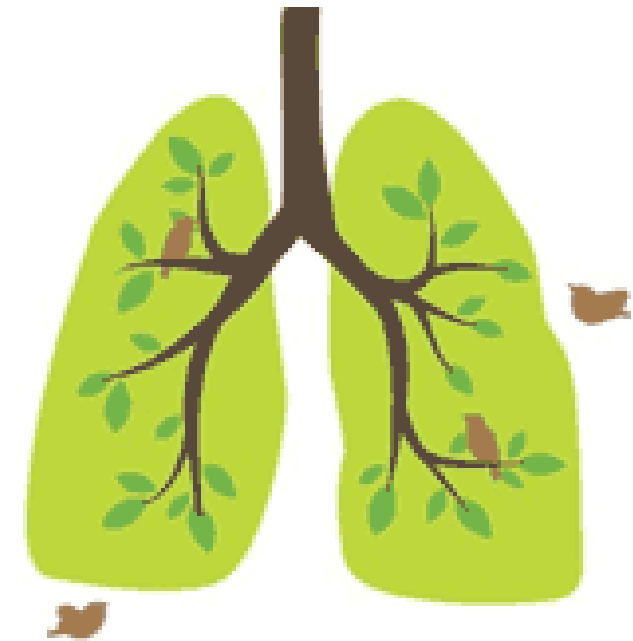
If you have any comments or further questions,  
please contact us:

Pulmonary Rehabilitation Team

01384 323773

Stourbridge Health and Social Care Centre, John Corbett  
Drive, Stourbridge, DY8 4JB

# PULMONARY REHABILITATION



## What is pulmonary rehabilitation?

When you have a long-term problem, you can find it increasingly difficult to move about and do your normal daily activities without getting breathless. Pulmonary Rehabilitation aims to help you cope with your breathlessness and to feel stronger and fitter. Breathlessness can be frightening and just one bad experience can mean that people start to avoid situations where they might become breathless and so reduce the amount of activity they do. This can slowly cause weakness, tiredness and even more breathlessness.

Pulmonary Rehabilitation can help prevent this.

## How does Pulmonary Rehabilitation help?

Pulmonary Rehabilitation should:

Improve your exercise ability. You may find yourself walking further, managing day-to-day activities easier; such as washing, dressing and shopping. You are likely to feel less tired too.

Help you cope with your breathlessness. It is very frightening to become breathless and Pulmonary Rehabilitation should help you to manage your breathlessness and have more control.

It is important to know that Pulmonary Rehabilitation can help to increase muscle strength and endurance, improve co-ordination and increase your understanding of your breathlessness, It is however unlikely to change your lung function as measured by a Spirometer.



## What happens during Pulmonary Rehabilitation?

In Dudley, the Pulmonary Rehabilitation programme consists of an initial assessment for us to gain a “baseline” measure of your ability. The course then runs over a period of 6 weeks; twice a week with mixed groups of approx 12 people.

Each session consists of a warm up for five to ten minutes, then supervised exercises such as the exercise bike, walking, step, and a circuit with weights (*you will not be expected to do anything that you are unable to do*) followed by a cool down for five minutes.

The exercise session is completed with a relaxation session.

## Following on...

Following on from the exercises is an educational talk with topics including:

- How the lungs work and what can go wrong
- Airway clearance techniques
- Benefits of exercise
- Managing breathlessness
- Benefits
- Travel
- Coping with lung disease
- Medication education
- Dietary advice



*If you are interested in attending and haven't already been referred please speak with your GP or practice nurse to be referred.*