



What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation is a program of exercise and education for people with lung issues that impact their life.

Pulmonary Rehabilitation can:

- ✓ Improve your physical function through activity and exercise.
- ✓ Teach you how to exercise safely into the future.
- ✓ Help you understand your lung condition.
- ✓ Teach you how to manage your lung condition to help you stay healthy.

This is a free service

Northern NSW Local Health District acknowledges the Traditional Custodians of the lands and waters where we live and work. We pay our respects to the Ancestors and Elders past and present and extend this respect to all Aboriginal people.



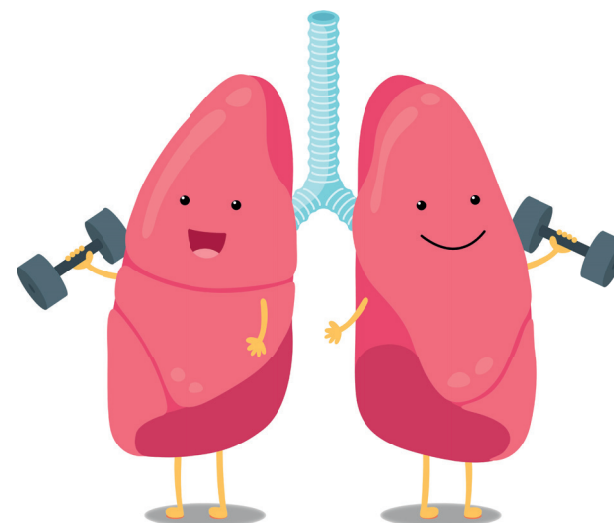
For more information on Pulmonary Rehabilitation visit the Lung Foundation Australia website: lungfoundation.com.au

Contact us

Location	Phone
Tweed	P (02) 6677 2457 F (02) 6677 2499
Murwillumbah	P (02) 6670 9400 F (02) 6670 9498
Byron Bay	P (02) 6639 9612 F (02) 6639 9410
Ballina	P (02) 6620 6200 F (02) 6620 6444
Lismore	P (02) 6620 2387 F (02) 6620 7716
Casino	P (02) 6660 0591 F (02) 6660 0551
Grafton	P (02) 6641 8735 F (02) 6641 8703
Maclean	P (02) 6640 0150 F (02) 6640 0251

For further information or appointments please contact your local service

Pulmonary Rehabilitation



Do you have a long-term lung disease?

Do you have problems with breathlessness that impact your life?

Pulmonary Rehabilitation can benefit you!

**Northern NSW
Local Health District**



Do I need a referral?

Referrals can be made by your GP, Respiratory Specialist or other Health Professional. You can also refer yourself and the team can talk to your GP.

Your Respiratory Team can consist of a:

- ✓ Nurse
- ✓ Physiotherapist
- ✓ Exercise Physiologist
- ✓ Referral to other health professionals or services as required.

The team will work with you to provide care that is designed to help you get back to being in the best health possible.



Types of programs available

The team will discuss your needs and link you into the most suitable program for you.

These could be:

- ✓ Home based (if you cannot drive)
- ✓ Clinic based (in our health centre)
- ✓ Group based (relaxed and friendly)
- ✓ Telephone and/or video calls

All of these programs consist of:

- ✓ Assessment and referral if needed.
- ✓ A plan of care for your rehabilitation.
- ✓ Information and education specific to your needs.
- ✓ A graded activity program provided by our specialist Physiotherapists and Exercise Physiologists.
- ✓ Another assessment at the end of the program.
- ✓ Talking to and sharing information with your Doctor.

This information was developed in May 2025.

Exercise

- ✓ Exercise is a lifelong treatment. It is just as important as taking your tablets or using your inhaled medications.
- ✓ The right pace, type and amount of exercise for your needs can help with your lung health and breathlessness.
- ✓ Our exercise health professionals will work with you to get you started and help you find the right exercise plan to continue when rehabilitation is finished.

Education

- ✓ Breathing can be affected by a lot of things including stress, fatigue, smoking, weight and medication use.
- ✓ Our specialist teams will help you to understand your lungs better, know what is affecting them and what you can do to look after them.

