

## 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.



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

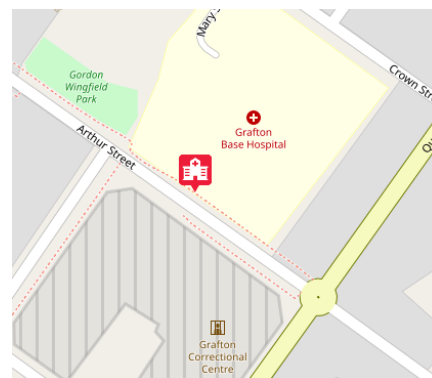
## Contact Details

For further information or  
appointments  
**CONTACT:**  
**Grafton Community Health  
Service**

**Ph: (02) 6641 8735**

**Fax: (02) 6641 8703**

**184 Arthur Street  
Grafton NSW 2460**



**This is a Free Service**

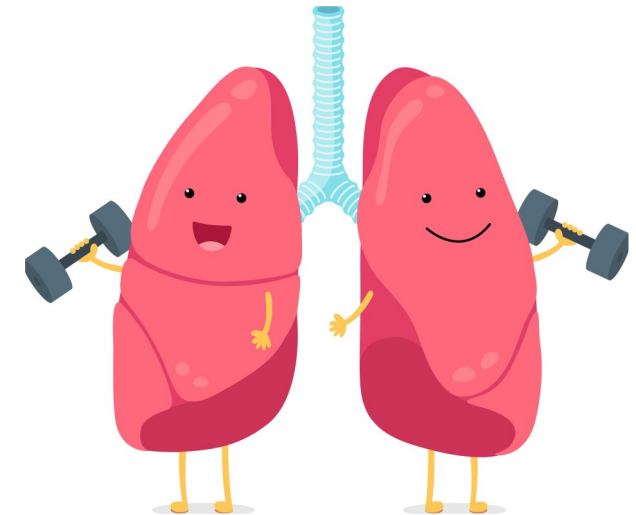
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**Health**  
Northern NSW  
Local Health District

## Pulmonary Rehabilitation

**Grafton Community Health  
Service**



**Do you have a chronic lung  
disease?**

**Do you have problems with  
breathlessness that impact your  
life?**

**Pulmonary Rehabilitation can  
benefit you!**

# About Pulmonary Rehabilitation

## 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

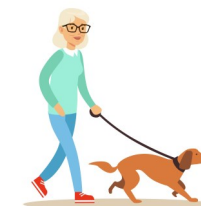
## All of these programs consist of :

- 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.



## 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.