

# Pulmonary

## Rehabilitation

Pulmonary Rehabilitation has been developed to assist people suffering from chronic lung disease, breathing dysfunction and in recovering from respiratory illnesses.

Our program at Thoracare Subiaco is designed to increase exercise tolerance, strength and overall quality of life. Any level of fitness is welcome and will be able to participate. We put a strong focus on correcting breathing patterns and assisting in strategies for managing shortness of breath and breathing related anxiety.

You will have a comprehensive initial assessment from an experienced physiotherapist, and then be placed in a small group class. Some people may require one on one sessions for further treatment before they are appropriate for the classes, which will be discussed with you by your physiotherapist. We will then create an individual program tailored to your ability and experience with exercise.

Our gym environment is ideal for building confidence, and you will be supervised throughout the class so we can progress exercises safely at your own pace. We aim to help you work towards achieving your individual goals.

Ask at reception or call today on **08 9382 9600**

### Important Information

#### Class Duration

60 minutes twice a week

#### Class Size

6 to 8 participants

#### Cost

\$45 p/class

(Health fund rebates may apply)

#### Class Timetable

Monday	1pm-2pm
Thursday	11am-12

#### Health Benefits

- Improved exercise tolerance & muscle strength
- Reduce impact of symptoms such as shortness of breath
- Increase ease of participation in daily activities
- Reduction in hospital admissions
- Improved quality of life
- General wellbeing and social support

