Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Pulmonary Rehabilitation Service

Version number: **2**
Last modified date: **12th November 2026**

Pulmonary Rehabilitation Service

Patient Information

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Aims of the programme

The aims of the programme are to:

- Provide supervised exercise for people with lung conditions, including Chronic Obstructive Pulmonary disease (COPD), Bronchiectaisis and Pulmonary Fibrosis.
- Improve the quality of your life.
- Help you self-manage your condition.
- Improve your general fitness levels.

Content of the programme

Before commencing the programme you will have to complete an assessment and some questionnaires. These will be repeated at the end of the programme.

The programme consists of 2 sessions over eight weeks and will last between 60 and 90 minutes.

It will be delivered by a multi-disciplinary team consisting of a Physiotherapist, Occupational Therapist and Specialised Nurses.

You will complete exercises at both weekly sessions, and there will be an advice and education session.

The exercises are aimed at people with breathing problems, and are individual to each person’s abilities and fitness levels.

You will be encouraged to work at your own level: your progress over the eight weeks will

be closely monitored.

You must also be prepared to do at least one exercise session at home, and complete the exercise record that you will be given.

Topics discussed

- How the lungs work.
- Managing your condition.
- How to clear your chest.
- Pacing.
- Anxiety management.
- Relaxation.
- Medications.
- Leading a healthy life.
- Benefits of exercise.

What should you bring to the sessions?

- Inhalers
- Angina spray (if you have one)
- Mobile oxygen cylinder (if you use one).
- Reading glasses (if necessary).
- A bottle of water
- Pen

Please wear comfortable shoes and loose clothing to allow movement.

Venues

Sessions will be held at the following venues and you can attend whichever is most convenient for you:

Robin Park Leisure Centre

Loire Drive

Wigan

WN5 0UL

Leigh Sports Village

Sale Way

Leigh

WN7 4JY

If you would like further information, please contact the team on:

Tel: **0300 707 1170**

Twitter: WWLPulmonaryRehab@WWLCommResp.

www.wwl.nhs.uk/respiratory



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