



# WELLINGTON

## Medical Practice

### GP Partners

Dr T O'Brien  
Dr D Ebenezer  
Dr N Singh  
Dr J Ebenezer  
Dr R Kaur

## Pulmonary rehabilitation (PR)

A recent review of your medical notes has indicated that you may benefit from a referral for Pulmonary Rehabilitation, to help manage your respiratory condition.

### What is PR?

#### **Pulmonary rehabilitation (PR) is made up of:**

- a physical exercise programme, designed for people with lung conditions and tailored for you
- information on looking after your body and your lungs, and advice on managing your condition and your symptoms, including feeling short of breath

It's designed for people who are severely breathless. Your PR team will be made up of trained health care professionals such as physiotherapists, nurses and occupational therapists.

You'll be in a group of about 8-16 people. A course usually lasts six to eight weeks.

Completing a course of PR is a good way to learn how to exercise safely and at the right level for you. Most people enjoy the course. It builds confidence and it's great fun meeting others in a similar situation.

If you would like to be referred, please complete the slip and return this to the practice.

Yours sincerely

Wellington Medical Practice.

I agree to referral to Pulmonary Rehabilitation

Name: ..... Date of Birth: .....

Address: .....

Mobile Phone Number: .....

Signature .....