

Pulmonary rehabilitation

- Do you get short of breath?
- Diagnosed lung condition?
- Struggle on inclines and stairs?

Pulmonary rehabilitation could help you!

An exercise and education programme led by experienced physiotherapists, designed for people with lung disease who experience symptoms of breathlessness.

I feel stronger and my balance is much better. The education was so helpful. The physios running the class are absolutely lovely and made it so enjoyable.

I feel that the course has really helped me to improve my breathing! I feel that I can now breathe far better and breathe deeper into my lungs. I feel more able to exercise. The pulmonary team have been a great help to me enabling me to feel much better and able to get on with my life.

Exercises tailored to your individual needs. Information to help you understand and manage your condition(s) and symptoms better (including symptoms of shortness of breath).

We run classes in Mildenhall, Brandon, Sudbury, Bury St Edmunds, Haverhill and Newmarket. For more Information, discuss with your GP or nurse. Alternatively you can self refer at www.physioselfrefer.co.uk/snee or call 0333 043 3966