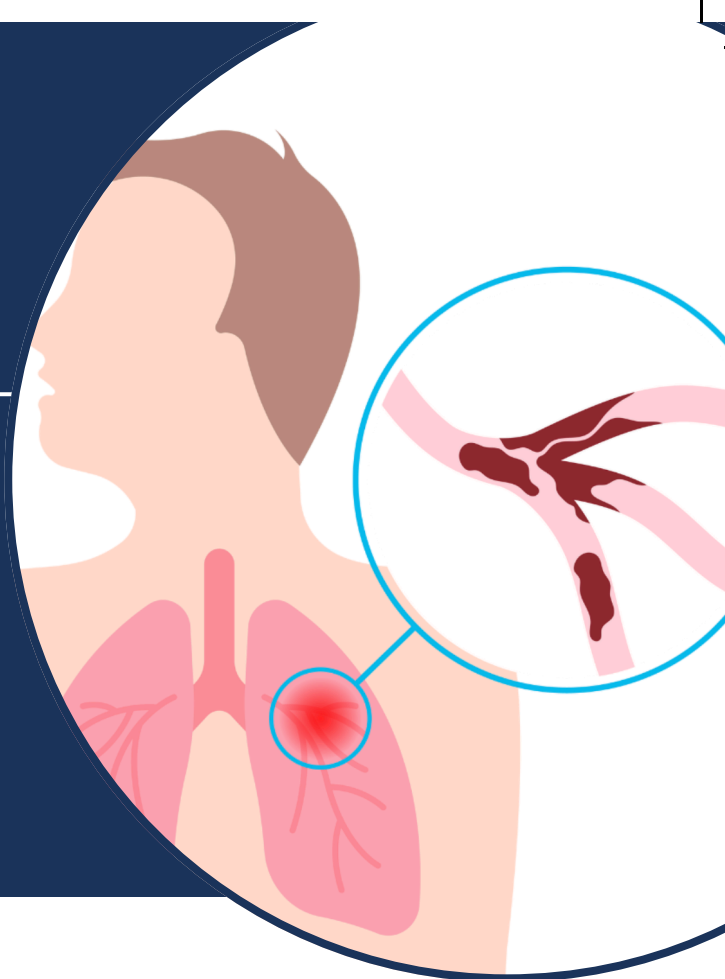


PULMONARY REHABILITATION

AN EVIDENCE BASED EXERCISE & EDUCATION PROGRAM EMPOWERING YOU TO FEEL CONFIDENT WITH DAILY ACTIVITIES WITHOUT THE FEAR OF RUNNING OUT OF BREATH.



WE CAN HELP YOU



- Manage breathlessness effectively
- Learn sputum clearance techniques
- Enhance muscular strength and flexibility
- Adopt a healthier lifestyle and reduce risk factors
- Improve cardiovascular fitness and exercise capacity
- Facilitate physical, psychological, and social recovery
- Complete daily living activities minimising shortness of breath
- Reduce respiratory flare ups and hospitalisation



INCLUDED:

A Personalised Plan

You will have a one-on-one consultation with a rehab physician, who will create a plan based on your specific needs and goals.



Multidisciplinary Team

Our team consists of rehab physician, physiotherapists, exercise physiologists, dietitian, social worker, nurses and occupational therapists.



Exercise and Education

Our program combines exercise therapy in our large open plan gym with educational sessions on long term management strategies. A program will be specifically designed for your needs and symptoms.

A Holistic Approach

Guidance around nutrition, medication and exercise. We are dedicated to helping you build a healthy lifestyle long term. Family are welcome to attend the education sessions with patients. needs and symptoms.

ELIGIBILITY CRITERIA:



Patients who have a diagnosis of a pulmonary disease, eg COPD, bronchiectasis, ILD, chronic asthma, long covid, recovering from acute exacerbation or following surgery.
Patients participation with rehabilitation goals.
Eligible if on oxygen therapy.

HOW LONG IS THE PROGRAM?



Inpatient Rehab individuals who require round-the-clock medical support and full-time hospital stay. The length of stay will be dependent on progress and specific needs as assessed by our rehabilitation physician.

Day Program designed for those living at home in the community and seeking to improve their skills in managing their breathlessness, increasing strength and activity levels. Sessions typically consist of 2 x 1.5-2 hour sessions per week for up to 10 weeks.

FAQS

What is the cost?

This program is covered by your private health fund as part of hospital cover. There is no gap payment required.
If you don't have insurance, please contact us for a quote.

Do I need a referral?

Medical clearance and a referral from your treating specialist or GP is required.

What happens after the program?

You'll receive a comprehensive discharge plan considering your needs, ongoing treatment requirements & connection with community services where required.



CONTACT

Manly Waters Private Hospital

16 Cove Avenue, Manly

Phone: 9977 9977

MWPHenquiries@machealth.com.au

Delmar Private Hospital

58 Quirk St, Dee Why

9982 7655

DPHenquiries@machealth.com.au

Longueville Private Hospital

45-47 Kenneth St, Longueville

9427 0844

LPHenquiries@machealth.com.au