

Pulmonary rehabilitation is a comprehensive, individually tailored program for people with lung conditions and persistent breathlessness. It combines supervised exercise, education and support to help you breathe better, feel stronger and do more of the things that matter.

WHAT IS PULMONARY REHABILITATION?

A structured, multidisciplinary program that includes:



Tailored assessment
of your breathing, exercise capacity, strength and daily function



Supervised exercise training
to improve fitness, muscle strength and confidence



Education and self-management skills
to help you manage symptoms and stay active long term

THE FOUR FOUNDATIONS

1 AEROBIC TRAINING

Improve cardiovascular fitness and reduce breathlessness.



Walking, cycling or other aerobic exercise



Build endurance



Increase daily activity and independence

2 RESISTANCE & STRENGTH

Build and maintain muscle strength to help you do more.



Strength training for major muscle groups



Improved balance and mobility



Makes everyday tasks easier

3 BREATHING & SYMPTOM SKILLS

Learn techniques to manage breathlessness and conserve energy.



Breathing techniques (pursed lip, diaphragmatic)



Pacing and energy conservation



Reduce anxiety and improve confidence

4 NUTRITION & HEALTH BEHAVIOURS

Support your overall health and recovery.



Good nutrition to maintain muscle and energy



Stop smoking and avoid lung irritants



Better sleep and stress management

FROM BASELINE TO PROGRESS

We measure your progress using a range of simple, safe tests and questionnaires:

6-MINUTE WALK TEST



Measures exercise capacity and endurance

LUNG FUNCTION TESTING (spirometry)



Shows how well your lungs are working

OXYGEN LEVELS (pulse oximetry)



Checks oxygen levels at rest and with activity (where indicated)

SIT-TO-STAND / STRENGTH



Assesses lower limb strength and function

SYMPTOMS, FATIGUE AND QUALITY OF LIFE



Helps us understand your symptoms and track improvement

MEASURABLE BENEFITS



Less breathlessness in daily life



Better exercise capacity and stamina



Stronger muscles and physical function



Greater confidence and independence



Improved quality of life and wellbeing

SAFETY FIRST



Exercise intensity and oxygen needs are individually assessed and supervised by our clinical team.



Building on pulmonary rehabilitation, we take a broader approach to optimising your health, preparing you for future treatments and supporting long-term wellbeing.

RespcAIR aligned with CSE Health Systems – Centre for Surgical Excellence

RespcAIR works in partnership with CSE Health Systems to deliver a comprehensive, evidence-informed approach to perioptimisation and prehabilitation for patients across surgery, cancer treatment and general health.

A HEALTHIER
TOMORROW
FOR EVERY
STAGE OF LIFE

THE PERIOPTIMISATION JOURNEY

A structured, individualised approach to assess, optimise and prepare you for the best possible outcomes.

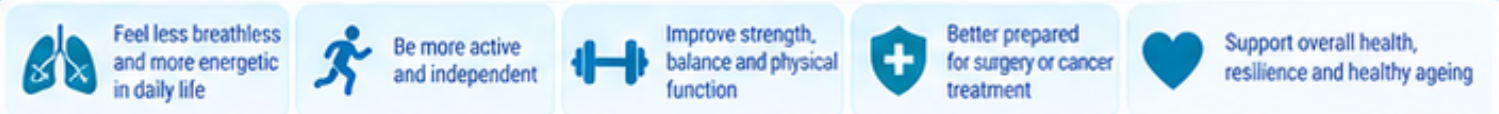


THREE PATHWAYS, ONE APPROACH

The same principles of assessment, optimisation and ongoing support, tailored to your goals and circumstances.



WHY THIS MATTERS Optimising your breathing, fitness, strength and overall health can help you:



IMPORTANT

- Training plans are personalised and coordinated with your treating team (e.g. GP, respiratory physician, surgeon or oncologist).
- Pulmonary rehabilitation and prehabilitation complement, but **do not replace**, your medical treatment.
- If you have chest pain, severe breathlessness or feel unwell, seek medical attention immediately – call 000.

