

‘Breathe better, do more’

Pulmonary Rehabilitation (PR) after a hospital stay

This leaflet is for people who have recently had a flare-up of their lung condition and have been in hospital.

It explains what the ‘Breathe better, do more’ PR programme is and how it can support your recovery.

- Coming home from hospital can feel like a relief, but also uncertain.
- You might be wondering how long recovery will take, what will happen, and how to feel more like yourself again?
- PR is the next step to help you regain your strength and confidence.

Why does this matter after a flare-up?

- A flare-up (also called an exacerbation) is when your lung condition suddenly becomes worse.
- Even after treatment, your body may feel weaker and daily tasks can feel harder.
- Starting this programme **within four weeks of leaving the hospital** can help you recover faster and stop you from needing to go back.

How can it help?

- We will work with you to help you feel more confident in managing your breathlessness.
- You will learn to notice the warning signs of a flare-up, so you can get help quickly.
- We will share practical tips for **managing your energy levels** while you are recovering.

Scan to watch a video  about PR:

[Pulmonary Rehabilitation in north east London - YouTube](https://www.youtube.com/watch?v=JyfJyfJyfJy)



What is ‘Breathe better, do more’?

- It is a free group exercise programme that is tailored to help people manage their lung condition and feel more confident every day.

- You will be supported by specialist physiotherapists who run the programme, with help from specialist nurses.
- You will have a full assessment before you start. This helps make the programme fit your needs and deals with any of your concerns.
- In this time, we will work with you to plan the sessions to suit your goals and your ability.
- It focuses on your **whole wellbeing**, not just your lungs. The goal is to help you feel safer, stronger, and more in control of your health.
- The free programme is for **six weeks, two sessions a week** and each session last for 90 minutes.
- The team can discuss what works best for you based on any other commitments you may have.
- You will also hear advice and tips from professionals and others in the group about living well with a lung condition.

Many people feel unsure about joining a group, but they often leave feeling more hopeful, stronger, and understood.

Where and when?

Whittington Hospital
 Magdala Avenue,
 London,
 N19 5NF
 020 7272 3070
Bus Routes: 143, 210, 263, 310, W5

Hornsey Central
 151 Park Road,
 London,
 N8 8JD
 020 3074 2799
Bus Routes: W7

Next steps

Speak to the Respiratory Team (Doctor, Nurse or Physiotherapist) about:

- Any concerns or queries you may have in taking part.
- Getting referred to the programme.

Get this information in other languages

(اردو، বাংলা, Italiano, Polski, Af-Soomaali)

This link will take you to our PR web page, which has the option to automatically translate into different languages:



For more information visit: [Pulmonary rehabilitation \(PR\) | Asthma + Lung UK](#)



Contact our service

Call us: 0203 074 2563 or email: whh-tr.pulmonaryrehab@nhs.net

Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient Advice and Liaison Service (PALS) on **020 7288 5551** or whh-tr.PALS@nhs.net.

If you need a large print, audio or translated copy of this leaflet, please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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Document information

Date published: 09/01/2026 | Review date: 09/01/2028 | Ref: ACS/CORE/BBDMPRAHS/01
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