Client Information
Thank you for your interest in *Inspiring Change*-Chronic Pulmonary (CP) Exercise Class, a community based exercise class of the UQ Health and Rehabilitation Clinics.

People who live with lung disease often have difficulty with breathing and day to day activities progressively become more of a challenge. A commitment to enhancing your overall health will be evident in the quality of your life.

The CP exercise class will assist you in adding to or maintaining an active and independent lifestyle.

The CP Exercise Class aims to:

- Increase your strength and endurance,
- Enhance your daily activities and increase your confidence and ability to cope,
- Potentially minimise hospital admissions, and decrease your medical and health care costs.

The role of a Physiotherapist is to assess, treat and prevent disorders of human movement caused by injury or disease. Physiotherapists are concerned with identifying and maximizing quality of life and movement potential.

Things you need to know

Client Criteria
The CP Exercise Class is designed for individuals who have completed a hospital-based Pulmonary Rehabilitation Program and would benefit from a maintenance class. A range of criteria has been developed for clients to participate in the Class. Please check that you meet the criteria outline overleaf.

Referral
Prior to booking your initial session, you will need to obtain a referral from your GP or Physiotherapist for the UQ Musculoskeletal and Sports Injury Physiotherapy Clinic.

Consent Forms
Prior to commencing the class, you will be asked to complete a consent form. The consent form states that you agree to be treated at the clinic by Physiotherapy students supervised by qualified Physiotherapists and that information about you may be shared with the appropriate members of the clinic staff in accordance to the Australian National Privacy Principles and the professional ethical standards of physiotherapy.

UQ Musculoskeletal and Sports Injury Physiotherapy Clinic
The Musculoskeletal and Sports Injury Physiotherapy (MSS) Clinic is a campus based teaching and learning facility for final year and postgraduate students of The University of Queensland’s Division of Physiotherapy. Students provide physiotherapy services under the supervision of postgraduate qualified Physiotherapist-Clinical Educators. The clinic provides comprehensive assessment and management of musculoskeletal and sports-related injuries predominately. The CP Exercise Class is conducted through the MSS clinic.
Exercise Sessions

What happens at a session?
Once you contact the clinic regarding the CP Exercise Class a Physiotherapist will contact you regarding your eligibility. If you meet the inclusion criteria, an initial assessment will be arranged and an information pack will be posted to you, including questionnaires to complete prior to your initial assessment.

At the initial assessment session a student and Physiotherapy clinical educator will review your questionnaires, conduct an interview and perform a few simple tests including the incremental shuttle walk test (ISWT)-walking test to measure your level of fitness.

Parameters for the endurance portion (walking/cycling/rowing) of your exercise program will be based on your ISWT performance. Upper and lower limb exercises suitable for improving your strength and flexibility will be provided to you for class and home. The exercise will be monitored at each session and progressed at appropriate intervals. Re-assessment of your overall performance will occur every 10 weeks.

Equipment
You will have access to the latest equipment including treadmills, exercise bikes and rowers – as well as resistance bands and weights for strengthening exercises. Oxygen is available if you need to use it during your sessions.

What to bring?
Please wear comfortable shoes and clothes suitable for exercise, a water bottle and any medications you may need during exercise, such as your bronchodilator (for example, Ventolin).

Exercises for Home
An exercise prescription for home will be provided. The Physiotherapist will determine which exercises will promote the enhancement of your level of mobility and physical activity. You will be informed of how many and how often the exercise should be performed at home. A chart of your exercises will be provided so that you remember how to do them correctly and can keep track of your performance at home.

Fee
The MSS clinic operates on a cost recovery status. The CP Exercise Class costs $6/session or you may purchase 10 consecutive sessions for $50.

The UQ clinics have a designated Therapy Clinics’ parking area which is free to clients in addition to three Department of Transportation Disability parking spaces at the building entrance.

Client Criteria
Clients will need to meet the following criteria:
• be under the care of a GP or Respiratory Physician for their lung disease
• have completed a hospital based Pulmonary Rehabilitation Program (not essential to participate)
• reside in an independent/private residence
• be able to arrange transport for self to and from the clinic
• be physically capable of participating in basic activity for sixty minutes (with rest breaks provided)

Contact
Musculoskeletal and Sports Injury Physiotherapy Clinic
The University of Queensland, St Lucia 4072
Phone: (07) 3365 2232
E-mail: physioclinic@uq.edu.au