Pulmonary rehabilitation self-referral

Suffolk and North East Essex Integrated Care Board

You can now self-refer to pulmonary rehabilitation by registering at www.physioselfrefer.co.uk/snee or calling 03330433966

You can self refer to pulmonary rehabilitation when:

- you have a diagnosed respiratory condition
- you experience breathlessness as part of your everyday life
- you are registered with a GP in Suffolk or North East Essex
- you are able to commit to a twice weekly course of education and exercise

We do not offer a service for patients who:

- do not have a confirmed respiratory condition
- do not experience breathlessness which impacts on daily activities
- have contraindications to pulmonary rehabilitation, such as unstable cardiac conditions, unstable blood pressure or other issues which limit the ability to exercise.
- are under the age of 18

More information can be found on the self-referral portal. Alternatively, contact your GP, practice nurse or respiratory health professional for more advice.

This service is provided in partnership with AHP Suffolk.

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