



Remote rehabilitation after intensive care

A research opportunity for people at home after being in intensive care

This trial is for people recovering at home after being in intensive care

After getting home from hospital some people find their muscles are weak and it is hard to do everyday things. Some people need support to help them recover.

We want to find out if a support and exercise rehabilitation programme can help people recover after being in intensive care.

The iRehab trial will test a support and exercise rehabilitation programme given over six weeks by specialist staff. The programme will include talking to the iRehab specialists **online or by telephone**, every week for six weeks. You will be encouraged to do gentle exercise and talk about any symptoms or problems you have. This will be compared to usual NHS care.

If you were treated in an intensive care unit and spent some time on a breathing machine (ventilator), you may be able to take part.



Speak to your hospital team to find out more about the iRehab trial or get in touch by:

Telephone – [Insert appropriate number](#)
or

Email – [Insert appropriate email address](#)

