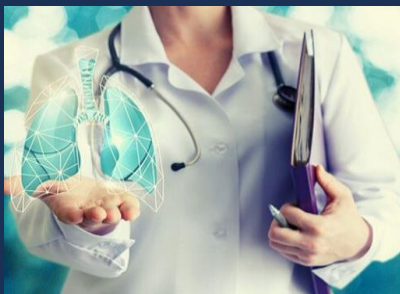




# Pulmonary Rehabilitation

## What is Pulmonary Rehab?

Pulmonary rehabilitation is the use of exercise, education, and behavioral intervention to improve how people with chronic lung disease function in daily life and to enhance their quality of life.



## Is Pulmonary Rehabilitation Right for Me?

Pulmonary rehabilitation is recommended for patients with lung disease who experience shortness of breath frequently and are not able to perform daily activities despite daily use of medication.



## Goals

- ❖ Help your shortness of breath.
- ❖ Improve your quality of life.
- ❖ Improve your ability to do daily living activities, like housework or going out with your family.

## Benefits

- ❖ You might have fewer symptoms, like less cough or less shortness of breath.
- ❖ Your quality of life may improve.
- ❖ You may be able to walk more or improve your ability to exercise.
- ❖ You may feel better about yourself or feel less anxious.
- ❖ You may feel less tired.
- ❖ You might not have to go to the hospital as often.



# Pulmonary Rehabilitation

## Referral

If you receive a referral for pulmonary rehabilitation, our office will fax the referral to a rehabilitation center that accepts your insurance. Once they receive the referral, they will contact you to schedule an appointment. If you have not heard from the rehabilitation center within a week, contact our office.

### How does Pulmonary Rehabilitation work?

Chronic lung disease can cause your muscles to become weak. The muscles involved in breathing and in moving must be re-strengthened. You will have your own exercise program designed to improve your strength and endurance. You will receive education about your disease or condition. During the educational parts, you will learn:

- ❖ How to manage your symptoms.
- ❖ How to deal with shortness of breath.
- ❖ How to best use your respiratory medicines to treat your lung condition.
- ❖ How to use home medical equipment if it's needed
- ❖ How to make good nutritional choices and manage your weight, and diet.

