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# PULMONARY REHABILITATION

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[WWW.WEBADDRESS.ORG](http://WWW.WEBADDRESS.ORG)

If you, or someone you love, is living with a chronic lung disease or other conditions impacting your ability to breathe, pulmonary rehabilitation can help you catch your breath and reclaim your quality of life. Our skilled rehabilitation teams individualize plans to help patients improve lung function, reduce symptom severity and regain a happier, healthier quality of life.

# WHAT IS PULMONARY REHABILITATION?

Pulmonary rehabilitation is a comprehensive education and exercise program customized to each patient's needs and abilities.

## PULMONARY REHAB INCLUDES:



Exercise and strength training



Diet and nutrition counseling



Health education training



Breathing techniques



Emotional support



## WHO NEEDS PULMONARY REHAB?

Primary care providers may recommend pulmonary rehabilitation centers for patients living with chronic lung disease or other conditions that impact breathing and limit their activity levels and overall quality of life.

## PULMONARY REHAB HELPS PATIENTS WITH CONDITIONS INCLUDING:

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Difficulty breathing
- Emphysema
- Post-COVID lung damage
- Respiratory issues
- Chronic bronchitis
- Cystic fibrosis
- Heart conditions that cause breathing problems

## EXPERT TEAMS WORKING TOGETHER TO HELP PATIENTS MEET GOALS

Pulmonary rehabilitation teams include respiratory therapists, nurses, dietitians, social workers, providers and other specialists working together to personalize programs to help patients:

- Improve and manage shortness of breath
- Regain strength and independence and improve overall quality of life
- Improve their ability to do everyday activities like getting the mail, housework or spending time with family

Talk to your primary care provider to see if a pulmonary rehabilitation specialist is right for you. To learn more about the program, call **<add phone number>** or visit **<add website url>**.