



# PULMONARY REHABILITATION

Education, exercise and support to help you catch your breath and reclaim your life

For many people living with chronic lung disease or conditions that impact breathing and lung function, pulmonary rehabilitation is a gamechanger. Our skilled teams individualize programs to help participants manage symptoms, improve lung function, reduce complications and return to living happier, healthier lives.

## WHAT IS PULMONARY REHABILITATION?

Pulmonary rehabilitation is a multi-week program of education, exercise, nutrition counseling and support designed to help people navigate chronic lung conditions and improve their quality of life. Classes are often offered in group settings where people find support from others with similar issues. Pulmonary rehab can help people improve lung function, regain strength and get back to doing more of the things they enjoy.

## WHAT DO PULMONARY REHABILITATION PROGRAMS INCLUDE?

Pulmonary rehab programs may vary and often include:

- Education about conditions, symptoms, medications and oxygen use
- Supervised exercise classes and strength training
- Nutritional counseling
- Emotional support
- Breathing techniques

## WHO CAN PULMONARY REHAB HELP?

Pulmonary rehabilitation is recommended for people with chronic lung conditions who frequently experience shortness of breath and can't perform daily activities. Many patients have COPD, asthma, emphysema, post-COVID lung damage, cystic fibrosis, heart conditions or other issues that impact breathing and lung function.

## WHO ADMINISTERS PULMONARY REHABILITATION PROGRAMS?

Pulmonary rehab teams include physicians, nurses, respiratory therapists, physical therapists, exercise specialists, dietitians and other specialists. Your rehab team collaborates to customize a program to meet your needs—and help you meet your goals.

## KNOW WHAT TO EXPECT—AND NOT TO EXPECT

Understanding pulmonary rehabilitation will help you set realistic expectations and get more from the program. Pulmonary rehabilitation cannot change lung damage, but the classes and support can help you develop skills to improve lung function, increase endurance and become more active.

## SET GOALS

Decide what you want to accomplish during rehab. In addition to learning about your condition, what do you hope to gain from the program? Maybe you want to walk farther or manage shortness of breath. Setting and working toward goals can help you get more out of your classes.

## CAN I USE OXYGEN DURING PULMONARY REHABILITATION?

Patients receive a comprehensive assessment before starting pulmonary rehabilitation programs. A therapist may have you do a walking test to measure the amount of oxygen in your blood and know how much oxygen you require during various exercises and movements. Therapists guide you throughout all exercises and help you use your oxygen.

## TALK TO OTHERS

Support is a fundamental part of rehab. Talking to others with similar conditions and concerns is helpful. For many, the support and camaraderie they experience are as important as the skills and information they learn.



## ASK QUESTIONS!

Your pulmonary rehabilitation is customized to help you. If there's something you need or don't understand, please ask. You are here to learn—and our team is here (and happy) to help.



**Amenity**  
HEALTH