

FAQ

How much time does a typical Pulmonary Rehab program take?

Because your program is tailored to your needs, each program varies. However, most meet two to three times per week and last 4 to 12 weeks or more. Because the staff are constantly monitoring your progress and increasing your exercises as you are able, it is very important that you attend every session.

What will I do in the exercise session?

You may not think that you can exercise when you get short of breath walking across the room. However, there are standard exercises that have been found to work well for people with breathing problems. The type and amount of exercise you do depends on what you can do now and how you progress through the program. Most sessions begin with stretching or warm-ups followed by exercises to increase your strength and endurance. The amount of time you exercise depends on what you can handle.

What happens after I finish Pulmonary Rehab?

It is very important that you continue to exercise at home, even after finishing your rehab program or you will lose all the benefits you have gained. Before you "graduate" the pulmonary rehab staff will work with you to create a long-term exercise plan for you so you can continue to exercise without breathing problems.

Contact Us



(641) 774-3315

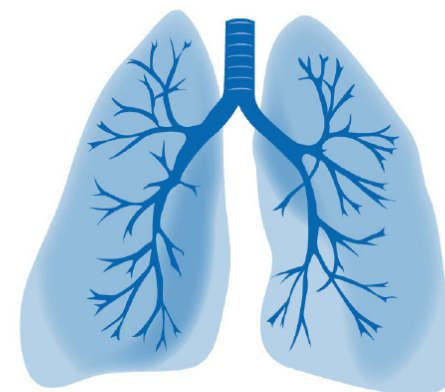


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Pulmonary Rehabilitation



LUCAS **LC** COUNTY
HEALTH **HC** CENTER

An Affiliate of  UnityPoint Health

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What is Pulmonary Rehab?

Pulmonary Rehabilitation is a program that combines education and exercise to help you manage your breathing problem, increase your energy, and decrease your shortness of breath.

Our team uses the education portion of the program to teach you to be “in charge” of your breathing instead of letting your breathing inhibit your daily life. During your education sessions, you will learn how to pace your breathing, how to take your medications, and how to talk to your healthcare provider.

The exercise sessions are supervised by pulmonary rehab staff that have prepared an exercise program just for you. Exercises start at a level that you can handle (some patients start exercising while sitting and others on a treadmill.) The amount of time and difficulty will be increased based on your ability. As your muscles get strong, you will exercise longer with less shortness of breath and have more energy.

If you believe you would benefit from Pulmonary Rehab, ask your healthcare provider for a referral to our program.

What is included in my treatment plan?

LCHC’s Pulmonary Rehab creates an individualized treatment plan, specific to your needs. This treatment plan may include:

- Medical evaluation
- Exercise monitored by a certified respiratory therapist and/or registered nurse
- Home exercise program development
- Lifestyle/risk factor assessment and modification options
- Medication teaching, including a pharmacist consultation
- Diet instruction with our registered dietitian
- Patient and family educational counseling and behavioral interventions

Your Pulmonary Rehab team will include:

- Respiratory Therapists
- Registered Nurses
- Your healthcare provider
- Pharmacist
- Dietitian

Is Pulmonary Rehab right for you?

Your healthcare provider can help you determine if you would benefit from Pulmonary Rehab by:

- Evaluating your current state of health and lung function by conducting tests
- Discussing your current activity level and your ability to do the things you want
- Determining your willingness and ability to attend your sessions

We limit our Pulmonary Rehab sessions to a small number of people who can attend so as to ensure that each person gets close supervision. You will be evaluated before you begin the program to ensure you do not have health issues that will limit your ability to complete your program. Once the program begins, a team of healthcare professionals, including respiratory therapists, nurses, pharmacists, and dietitians, will work with you to put you in charge of your breathing.