

# Pulmonary Rehabilitation



Pulmonary Rehabilitation is a program that combines education and exercise to help manage breathing problems, increase energy, and reduce shortness of breath. The education component empowers you to control your breathing by teaching techniques for pacing, medication usage, and effective communication with healthcare providers. The exercise sessions, tailored to your abilities by the pulmonary rehab staff, start at a manageable level and gradually increase in intensity as your strength improves, leading to longer exercise durations with less shortness of breath and more energy.

## IS PULMONARY REHAB RIGHT FOR YOU?

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

- Evaluating your current state of health and lung function through various tests
- Discussing your current activity level and ability to perform desired activities
- Assessing your willingness and ability to attend regular sessions

## TREATMENT PLANS

Our Pulmonary Rehab team develops an individualized treatment plan tailored to your specific needs, including:

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

## SUPERVISED EXERCISE

We limit our Pulmonary Rehabilitation sessions to a small number of participants to ensure each individual receives close supervision. Before you begin the program, we will conduct a thorough evaluation to ensure there are no health issues that might limit your ability to complete the program. Once the program starts, a dedicated team of healthcare professionals—including respiratory therapists, nurses, pharmacists, and dietitians—will work with you to help you take control of your breathing.

## More Information

Scan to learn more about our  
Pulmonary Rehabilitation  
Program



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