

Pulmonary Rehabilitation

HELPING PATIENTS BREATHE EASIER

Pulmonary Rehabilitation is a restorative and preventative process comprised of exercise, education, and breathing and relaxation techniques for patients who are diagnosed with a chronic pulmonary disease.

WHO IS ELIGIBLE?

Our Pulmonary Rehabilitation Program benefits a variety of patients, including individuals who have been diagnosed with the following:

- Emphysema
- Asthma
- COPD (chronic obstructive pulmonary disease)
- Chronic bronchitis
- Bronchiectasis
- Lung transplant
- Lung cancer
- Cystic fibrosis
- Interstitial lung disease
- Other lung-related conditions

Pulmonary Rehabilitation is usually two to three times a week for 8-12 weeks or more. Most insurers cover pulmonary rehabilitation programs.

Certified through the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)

vanwerthealth.org/rehab
419-238-8604

COMPREHENSIVE CARE

Our team of physicians, exercise physiologists, and respiratory therapists believe education is key to successful rehabilitation. We'll work with you and your family throughout your rehabilitation to be certain you understand the reasons for rehabilitation and what you can expect from it.

Our medically-supervised program is designed to improve the physical, psychological and social functioning and overall quality of life for pulmonary patients.

WHAT ARE THE BENEFITS?

- Relief of respiratory symptoms (shortness of breath, dyspnea and fatigue)
- Reducing the fear and anxiety associated with chronic pulmonary diseases
- Increasing exercise capacity, stamina and the ability to perform daily activities
- Promoting an increased awareness of pulmonary disease and its management
- Improving respiratory hygiene to reduce infections
- Enhancing quality of life
