

Pulmonary Rehabilitation

An Individualized, Supervised Program for You



What is pulmonary rehabilitation?

Pulmonary rehabilitation is a service designed for those with lung problems such as:

- Chronic obstructive pulmonary disease (COPD)
- Emphysema
- Chronic bronchitis
- Bronchiectasis
- Sarcoidosis
- Pulmonary hypertension
- Pulmonary fibrosis
- Interstitial lung disease
- Lung cancer and lung cancer surgery
- Lung volume reduction surgery and lung transplantation

Pulmonary rehabilitation includes exercise classes and education about your lung disease or condition. PR may help you participate in activities with less shortness of breath, as well as teach you how to live better by managing your lung condition.



What are the benefits of pulmonary rehabilitation?

Pulmonary rehabilitation helps you improve your quality of life. Although

PR can't cure your lung disease, it can make breathing easier and allow you to be more active.

Other benefits include:

- A decrease in the symptoms of your disease or condition
- An improvement in your ability to function in daily life
- An increase in your ability to exercise
- A decrease in your symptoms of anxiety and depression and improvement in your ability to manage them
- The ability to make the most of the lung function you have



Pulmonary Rehabilitation is one of the most cost-effective treatment interventions available for patients with chronic respiratory disease.



Benefits of Valley's state-of-the-art facility

- Active medical director physician monitoring
- Safe, effective, total body workout for most users of virtually any ability level with Nustep® cardiovascular, cross-trainer machines
- Medical fitness equipment designed for low joint stress in both seated and standing positions with adjustable arm ergometers to work shoulders and back
- Oxygen available as needed



What does the program include?

Monitored and supervised exercise

A physical activity plan is tailored to your needs. Exercise will help improve your endurance and muscle strength so you're better able to carry out daily activities. Your program is physician-led with expert guidance from respiratory therapists, registered nurses and exercise specialists. **Sessions are on Tuesdays and Thursdays.**



Educational programs

Valley's education classes focus on COPD, as well as other chronic lung diseases, providing information on:

- Medications, their actions, side effects, using an inhaler and self-care techniques
- Understanding and using oxygen therapy
- Retraining breathing
- Importance of exercise
- Strategies for managing breathing problems
- Symptom assessment and knowledge about when to seek medical treatment
- Reducing and controlling breathing difficulties and other symptoms
- Learning more about your disease, treatment options and chronic disease coping strategies

- Learning to manage your disease and reducing your dependence on costly medical resources
- Maintaining healthy behaviors such as smoking cessation, good nutrition and weight management

Emotional support

People who have chronic lung diseases are more prone to depression, anxiety and other emotional problems. By participating in Valley Medical Center's Pulmonary Rehabilitation program you will have the support and resources to help you along your healthy lifestyle journey.

Additional services provided at Valley's Lifestyle Medicine

- Cardiac rehab
- Diabetes education
- Physical therapy
- Exercise coaching
- Nutrition counseling



Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation

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