

A PATH TO BREATHING BETTER

People diagnosed with a chronic lung disease know that it is a serious and debilitating condition requiring ongoing medical attention. But many do not realize that pulmonary rehabilitation may help them live and breathe better.



Reduce Symptoms



Increase Physical Activity



Improve Daily Life Function



Improve Emotional Health



THE FIRST STEPS

Before you can start pulmonary rehabilitation, a healthcare provider will assess your health status and develop a customized plan based on your:



Physical well-being



Emotional well-being



Food Intake & Nutrition

ALONG THE WAY



Our healthcare team will help you better manage your Lung Disease and avoid things that make it worse.

Exercise specialists help improve endurance and muscle strength, to enhance your quality of life.



Physical Therapists teach you energy conserving techniques and ways to breathe easier

BREAK THE CYCLE

BREATHING DIFFICULTY

SHORTNESS OF BREATH,
COUGHING



DISABILITY

YOU CAN'T DO THE
SIMPLEST ACTIVITIES



INACTIVITY

YOU CUT BACK ON
ACTIVITIES



PHYSICAL DECONDITIONING

YOU BECOME OUT
OF SHAPE

