

Why Pulmonary Therapy?

Shortness of
Breath/
Trouble
Breathing

- Strengthen lungs and surrounding muscles
- Education on oxygen use
- Learn new breathing and oxygen conservation techniques

Fatigue/
Weakness

- Increase stamina
- Strengthen key muscles
- Increase confidence
- Get back in shape in a controlled, safe, and supportive environment

Chronic Cough/
Illness

- Strengthen Lungs
- Clear lungs using breathing tools and breathing techniques
- Build strength to fight future infections

Definition of
Pulmonary
Therapy

A program of education, exercise and training for those with chronic and severe lung disease. Consists of both 1 on 1 therapy and group therapy sessions, 2-3 times per week for 1 hour. Program ranges from 8-12 weeks depending on doctor recommendation.