


WHEN YOUR PROGRAM ENDS

Most pulmonary rehabilitation programs last a few months. Your progress at the end will be measured against how you functioned at the start. Your healthcare provider will then prescribe exercises, breathing strategies, and other activities to do on your own.

MORE THAN
90% 
of patients who
undergo pulmonary
rehabilitation spend fewer
days in the hospital.²

COPD
PATIENTS ARE
85% 
more likely to develop
anxiety disorders.³



PULMONARY REHABILITATION

Moving More, Breathing Better

- 1 Scott, A. S., Baltzan, M. A., Fox, J., & Wolkove, N. (2010). Success in pulmonary rehabilitation in patients with chronic obstructive pulmonary disease. 19-223. Retrieved November 16, 2018, from www.ncbi.nlm.nih.gov/pubmed/21037996
- 2 Katajisto, M., & Laitinen, T. (2017). Estimating the effectiveness of pulmonary rehabilitation for COPD exacerbations: Reduction of hospital inpatient days during the following year 2763-2769. Retrieved November 16, 2018, from ncbi.nlm.nih.gov/pmc/articles/PMC5624742
- 3 Yohannes, A. M., & Alexopoulos, G. S. (2014). Depression and anxiety in patients with COPD. NCBI. Retrieved from ncbi.nlm.nih.gov/pmc/articles/PMC4523084