



Spring Mountain Rehab

7375 Prairie Falcon Rd, Ste 120 * Las Vegas, NV 89128

Phone: (702) 869-4401 * Fax: (702) 869-9904

www.springmountainrehab.com

Leader in outpatient cardiopulmonary rehab Pulmonary Rehab

Our pulmonary rehab program is an individually designed, clinically managed, exercise and respiratory treatment program for those with chronic respiratory issues.

Our Goal

Help patients achieve and maintain their maximum level of functionality and independence in their everyday lives by:

- Increasing participation in physical and social activities
- Reducing symptoms
- Decreasing disability
- Improving patients quality of life

Core Components of Our Pulmonary Rehab Program

- Group therapy
- Exercise training
- Patient education
- Outcome assessment

Our Pulmonary Rehab program includes one-on-one sessions with a Physical Therapist and Respiratory Therapist for evaluation and training. When a patient meets with the physical therapist they will learn techniques to decrease energy expenditure for walking, climbing stairs, completing self-care and performing chores. The Respiratory Therapist will work with the patient to increase their functional abilities, decrease shortness of breath and improve their understanding of their lung disease.



Cardiac Rehab

Our cardiac rehab program is an individually designed, medically-supervised, exercise and cardiovascular risk factor reduction program.

Our Goal

- Prevention of future cardiac events
- Strengthening the cardiovascular system
- Patient education
- Promote an active lifestyle

Core Components of Our Cardiac Program

- Preventative Care
- Nutrition Counseling
- Medication Management
- Exercise Training

Personalized Care

- Professional, family-like setting
- One-on-one attention
- Personalized programs

Our cardiac rehabilitation program includes supervised exercise regimens, education on heart healthy living, support with medication management, and counseling to reduce stress and help your patients return to a more active lifestyle. We can help get them where they need to be.

Through baseline patient assessment we create a personalized exercise program for each patient. While the patient is in our facility their activity is monitored wirelessly via telemetry machine.





Why choose us?

We deliver results to the patients and the paperwork to you. We provide each referring doctor with patient updates. We keep you informed about the patient's progress with:

- Results of PFT
- Results of 6 min walk and PPTs
- Exercise treatment log and PT notes
- Respiratory treatment log

More than just business: What we can provide for your patients that others can't

Your patients will find that our caring and experienced staff is what really puts us a step above the rest. We are proud to say that many of our patients, if not all, return each week not only for the state-of-the-art therapy programs but for the social aspect as well. We believe in rehabilitating the mind, body, and spirit. The patient-to-patient and staff-to-patient relationship is equally as important when providing quality care.

When you refer your patients to us for rehab, you can be assured that they are getting the **best care** possible.



