



Treatment for Patients with Pulmonary Conditions

(Inpatient and Outpatient)

Can't walk to the mailbox without gasping for air?

If this is you or someone you love, let's go after the myth that "no one can help this." There is effective therapy that can improve shortness of breath associated with lung disease.

Our inpatient and outpatient pulmonary therapy helps control, reduce and alleviate the symptoms of any chronic respiratory disease. We help by providing a specialized health care team that works with many experts to achieve the highest possible level of independent living. Patients should expect to learn work simplification strategies and use energy conservation techniques that are proven to increase the quality of life by reducing their overall health care needs and costs.

Who would benefit from this program?

Patients with:

- COPD
- Emphysema
- Chronic Bronchitis
- Pulmonary Hypertension
- Pulmonary Fibrosis
- Restrictive Lung Disease
- Interstitial Lung Disease
- Neuromuscular Disease

The Program consists of:

A Functional Evaluation is given by a matrix of specialists geared to diagnose, assess and treat those factors that limit a person's ability to lead a good quality of life.

Physical Therapy will employ breathing techniques coupled with exercises that are simulated to achieve a patient's personal goals and hobbies, such as, fishing, biking, and walking.

Occupational Therapy will focus on strategies of energy conservation and work simplification techniques, by teaching breathing modifications with upper body conditioning.

Speech Therapy will improve talking, reading and writing impairments along with increasing problem solving abilities. Exercises that improve swallowing functions will be given to those in need.

Respiratory Therapy Respiratory Therapy will cohesively combine and work with all therapies and effectively address any pulmonary needs.

What to expect?

- ✿ A professional therapeutic team will administer one hour sessions, 2-3 times per week.
- ✿ Wear comfortable and loose fitting clothing along with good support, exercise shoes.
- ✿ In addition to the above noted therapies, nutritional counseling is given to improve lung and breathing functions.
- ✿ A thorough nursing review will address medication optimization.
- ✿ The input from psychosocial services may initiate coping strategies and give reference to any additional and needed services. Also, opportunities for support group involvement are available to those who inquire.