

Pulmonary Rehabilitation

A PATH TO BREATHING BETTER

People diagnosed with chronic obstructive pulmonary disease (COPD) understand that it is a serious, life-limiting condition that requires continuous medical care. However, many are unaware that pulmonary rehabilitation can help improve their quality of life and breathing. This therapy is most beneficial when begun during the moderate stage of COPD, though individuals with advanced lung disease can also experience meaningful improvements.

Services Offered at Cumberland Healthcare:

- Comprehensive Diagnosis & Treatment
- Personalized Care Plans
- Expert & Compassionate Care
- Continued Support & Education

Pulmonary Services Focus is on patents with:

- Asthma
- Chest Wall Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Chronic Bronchitis
- Cystic Fibrosis
- Emphysema
- Before & After Lung Surgery
- Neuromuscular Disorders
- Pulmonary Fibrosis
- Pulmonary Hypertension
- Bronchiectasis
- Sarcoidosis
- Ventilator Dependency Post Covid Pneumonia Rehabilitation



2 in 3 patients who particpate in pulmonary rehabilitation report positive outcomes.



More than 90% of patients who undergo pulmonary rehabilitation spend fewer days in the hospital.



Respiratory Therapists and our team helps you better manage your COPD and avoid things that make it worse.

Therapists improve endurance and muscle strength, giving you the stamina to carry out daily activities better. ⇢

Therapists teach you energy-conserving techniques and ways to breathe easier. ⇢

Dietitians offer nutritional counseling and eating plans to help manage your weight & enhance muscle mass. ⇢

WHEN YOUR PULMONARY REHABILITATION PROGRAM ENDS

Most pulmonary rehabilitation programs run for several months. At the end of the program, your progress is evaluated by comparing how you function then with how you did at the beginning. Based on these results, your healthcare provider will recommend exercises, breathing techniques, and other activities for you to continue on your own.

AFTER YOUR PROGRAM YOU CAN EXPECT:



Increased physical activity ↑

Reduced COPD symptoms ↓

Improved quality of life ↑

- To rebuild your strength to enjoy a more full and active life
- Manage your symptoms and know when to call your provider
- Ways to start a safe exercise program
- Help to decrease hospital visits and cope with your disease process
- Understand and learn ways to manage your disease process



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