

Pulmonary Rehabilitation

Pulmonary Rehab is a program that helps people manage their breathing problems. The main goals are to increase endurance, reduce breathlessness, and improve quality of life. Pulmonary rehab can last 4-12 weeks depending on your condition.

You may need pulmonary rehab if:

- You are recovering from lung surgery
- You have ongoing (chronic) lung problems or a condition that makes it hard to breathe
- History of smoking or exposure to harmful chemicals
- Ongoing COVID-19 complications

Benefits of pulmonary rehab:

- Increase your ability to exercise
- Reduce breathing problems
- Quit smoking
- Learn how to eat a healthy diet
- Manage a healthy weight
- Learn how to use oxygen therapy
- Manage and understand your medicines and treatment
- Improve mental health

Pulmonary rehab includes:

- Exercise
- Stretching
- Breathing techniques
- Education on respiratory condition
- Nutrition education
- How to deal with stress while living with your respiratory condition
- Medication education