

# Pulmonary Rehabilitation

## WHO?

Riverside Medical Center's Outpatient Pulmonary Rehabilitation program is a comprehensive program that specializes in the rehabilitation of adults with chronic lung diseases who desire to control and/or alleviate, to the extent possible, symptoms of respiratory impairment.

The program is designed to help patients with chronic lung diseases to improve endurance, and to reach maximum potential in independence and self-care. Staff will provide education on lung disease, assist in exercise therapy and work on individual coping strategies. By participating in the program, individuals can work on achieving their personal goals, increasing exercise capacity, improving endurance and quality of life.

## WHAT?

Individuals who attend pulmonary rehabilitation receive an initial evaluation prior to starting the program. The program consists of exercise sessions that last for approximately 1 hour, along with additional time allotted for group and individual education.

## WHERE?

The facilities are located on the 4th floor of the 500 N. Wall Street building, attached to Riverside Medical Center. Stationary, recumbent and airdyne bicycles, treadmills, arm ergometers, nu-step machines, hand weights and an elliptical machine are used for the exercise portion of the program. Riverside will provide oxygen for individual use during the exercise session.

## STAFF:

The Cardiopulmonary Rehabilitation Department is staffed by specially trained cardiac nurses and technicians who are ACLS (Advanced Cardiac Life Support) certified. The professional team keeps your pulmonologist and/or attending physician informed of your progress during the program.

## HOW?

Your pulmonologist or attending physician must order the program. Please contact your physician if you are interested in attending. You can contact our department at (815) 935-3271 for financial information. We look forward to serving you.

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