

## WE PROVIDE THE 3 E'S

### Exercise:

To help improve function of your lung and Heart and Strengthen Muscles of breathing.

### Education:

To provide information on benefits of Pulmonary Rehabilitation and self-management at home.

### Emotional support:

To help you deal more effectively with anxiety and depression which are more common with people having lung disease and that can interfere with daily living.

## HOW LONG THE PROGRAM IS?

It depends on patient's requirement. It lasts from 6-12 weeks to lifelong

### FOR FURTHER QUERIES, CONTACT



Lilavati Hospital and Research Centre

*More than Healthcare, Human Care*

NABH Accredited Healthcare Provider

#### Physiotherapy Department

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**Prior appointment is required**



## PULMONARY REHABILITATION PROGRAM

## HEALTHY LUNGS FOR A HEALTHY LIFE!



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**P**ulmonary rehabilitation program is a comprehensive outpatient program to serve the needs of chronic lung disease patients. It can teach you skills to manage your condition more effectively so that you can live your life to the fullest. It will help you to become fitter, physically active and learn new ways of reducing breathlessness. Pulmonary rehabilitation will help you take more control over your condition so that it has less control over you.

**B**eing more physically active can increase your energy level, improve your mood, and help you reach a higher level of functional activity/recreational activity.

**T**he key to successful pulmonary rehabilitation program is a combination of knowledge and desire: our team of healthcare professionals' knowledge of pulmonary rehabilitation and your desire to improve your quality of life.



## WHO CAN ENROLL?

If you have been diagnosed with chronic lung disease such as C.O.P.D., Chronic Bronchitis, Asthma, Interstitial Lung Disease, Bronchiectasis or other restrictive lung diseases and feel this disease has affected your quality of life, your healthcare provider may determine that pulmonary rehabilitation may be beneficial for you.

## BEGINNING THE PROGRAM

You may begin the program with a referral from your physician. An assessment would be carried out by the physical therapist based on which your personalized rehabilitation program would be formed. We encourage you to bring a support person.

## PROGRAM

- To better understand your lung disease
- Breathing retraining/relaxation techniques
- Lung clearance techniques
- Energy conservation techniques
- Six minute walk test
- Monitored exercise
- Balance and flexibility
- Group therapy
- Adjust to life with chronic disease
- Improve your ability to engage in daily activity
- Improve quality of life
- Nutrition

## LUNG CLEARANCE & EXPANSION

