

## What can pulmonary rehabilitation do for people with pulmonary disease?

- Increase endurance
- Increase independence
- Decrease the number of hospitalizations
- Decrease fatigue and feelings of shortness of breath
- Improve quality of life
- Help to breathe properly
- Conserve energy

**And Much More!**

## How To Get Started

- All services are provided on an outpatient basis
- Talk to your physician
- Those interested in participating in Valley County Health System's Pulmonary Rehab Program must receive approval from their physician.
- Call to make an appointment for a Pulmonary Rehab Interview.

**You can reach us:**

**Monday - Friday**

**7 a.m. to 3 p.m.**



# Pulmonary Rehab Program



at **VALLEY COUNTY HEALTH SYSTEM**



217 Westridge Drive, Ord, NE 68862

[valleycountyhospital.org](http://valleycountyhospital.org)

308-728-3211 • 888-252-3874



# Pulmonary Rehab Incorporates The Following:

- Assessment by the physicians and multidisciplinary health professionals
- Education
- Therapeutic exercise and activities including breathing and retraining
- Bronchial hygiene and aerosol medications
- Activities of Daily Living (ADLs)
- Clinical monitoring of patients' pulmonary function during rehabilitation



# Program Design

Pulmonary rehabilitation meets three times a week for ten weeks. Your exercise program is based on the results of your six-minute walk test, your pulmonary function test results, your medical history and any personal needs or goals you may have.

Education is a very important part of the Valley County Hospital system Pulmonary Rehab Program.

Education topics include:

- Lung disease
- Breathing techniques
- Relaxation
- Nutrition
- Medication
- Travel
- Home exercise
- Stress management
- Bronchial hygiene

# Objectives

The three primary objectives of pulmonary rehabilitation are:

1. To control, reduce and alleviate the symptoms and complications of chronic pulmonary disease.
2. To train patients how to reach the highest possible level of independent functioning for activities of Daily Living (ADLs) within the limitations' of their pulmonary disease.
3. To train patients to self-manage their daily living consistent with their pulmonary disease process.

**Find out how to get started:**

**See back Panel!**

**VALLEY COUNTY  
HEALTH SYSTEM**

217 Westridge Drive • Ord, NE 68862

Phone: (308) 728-4286

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