

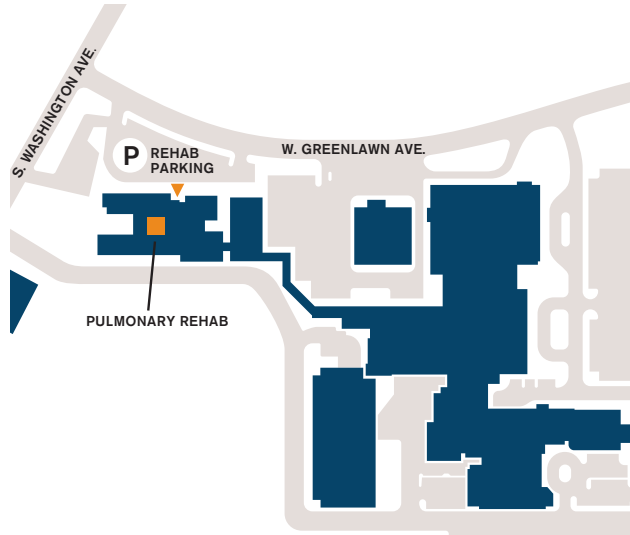


Ask yourself these questions:

- Am I often short of breath?
- Do I lack the energy for daily living activities?
- What do I need to do to change my habits and improve my health?
- Where can I find affordable help to make lifestyle changes?

It's not uncommon for respiratory conditions like bronchitis, asthma, emphysema, restrictive lung diseases, and chronic obstructive pulmonary disease (COPD) to compromise your ability to carry out daily living activities.

Visit McLaren's Outpatient Pulmonary Rehab program to better equip yourself to handle these respiratory challenges.



Outpatient Pulmonary Rehabilitation Program
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PULMONARY REHABILITATION



The road to recovery starts here

What is Outpatient Pulmonary Rehabilitation?

McLaren's Outpatient Pulmonary Rehab program is for individuals with chronic lung disease or respiratory impairment due to other physical conditions. The program is designed to return you to your highest possible level of health.

This individually tailored, multidisciplinary program fosters independence through education, compassionate care, physical therapy, reconditioning exercises, group support, and other innovative rehabilitation approaches. The program is designed to be accessible and affordable.

When you make a commitment to participate in the Outpatient Pulmonary Rehab program, you can expect to make significant strides toward improving your health and independence. With the help of the Pulmonary Rehab team, patients set goals for themselves and learn how to avoid situations that can worsen a condition. Patients also learn when it is appropriate to seek medical care for unexpected complications, while improving overall health and well-being.

How is the program administered?

The program is administered in three phases: Education, exercise, and respiratory fitness.

Education (phase 1)

The first phase includes an initial interview and assessment, exercise testing, and education. A physician referral is required. Patient education is a vital component covering topics of exercise, hygiene, nutrition, medications, breathing techniques, anatomy and physiology, pulmonary hygiene, and social and emotional adjustment issues. Education is integrated into each individual's exercise routine.

Exercise (phase 2)

This phase is a comprehensive educational and exercise program designed for individuals living with chronic lung disease. The goals of this phase are to help participants:

- Improve physical fitness through prescribed, supervised sessions
- Learn more on lung disease
- Manage their disease
- Recognize signs and symptoms of disease
- Share experiences with others of similar backgrounds
- Establish good nutritional goals

Respiratory Fitness (phase 3)

This is a maintenance phase emphasizing independence and compliance with an exercise program. Patients are given the option of remaining with the Pulmonary Rehabilitation program on a self-pay basis or continuing with a home exercise program.

