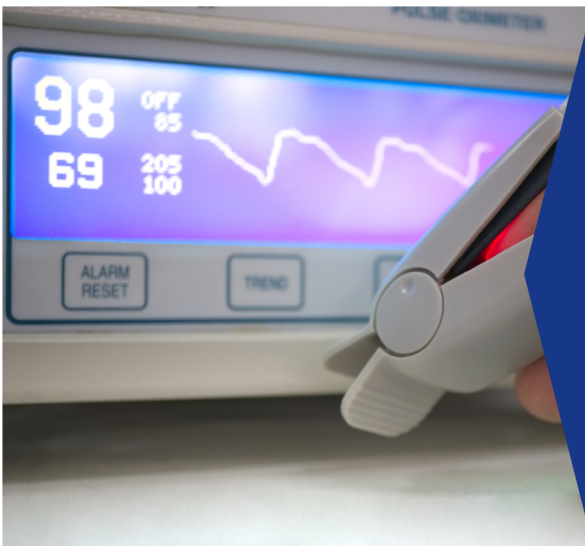


Over time, most patients see an increase in their ability to perform regular daily activities. Pulmonary Rehab requires an order from the patient's health care provider and is covered by most insurances for lung disease patients.

For more information, please call the Cardiopulmonary Rehabilitation department at 573-438-5451, ext. 217.



HOMETOWN CARE QUALITY CARE



CONTACT US
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**PULMONARY
REHABILITATION:**
**Improving Life,
One Breath at a Time**

OUR TEAM



ROBIN BELFIELD, RN

OUR FACILITY



PULMONARY REHABILITATION

Pulmonary Rehabilitation (Pulmonary Rehab) helps improve quality of life for those living with lung diseases such as COPD and emphysema. Studies show that when lung disease patients regularly attend this therapy, breathing can become easier!

Pulmonary Rehab consists of exercise, education along with proper medication use and breathing techniques, and helpful tips and tricks on how to manage chronic lung disease while living life to the fullest!

The exercise component of Pulmonary Rehab is self-paced and is based on how the patient is feeling each day. The patient's oxygen levels are monitored continuously using pulse oximetry. Oxygen monitoring while exercising allows us to make data-based goals, unique to each patient, to improve breathing function comfortably and gradually.