

Pulmonary Rehabilitation

Pulmonary rehabilitation is an outpatient program that includes exercise, education, and emotional support for people with chronic obstructive pulmonary disease (COPD). Most programs last about six weeks. You will work with many different types of health care professionals throughout, such as respiratory therapists, nurses, physical therapists, and dietitians. Together, you will work to build up your stamina and strength, which can help you breathe better and stay more active and independent.



Pulmonary rehabilitation includes exercise that can help improve your breathing and help you feel better. You don't have to join a health club or do difficult exercises. Even simply increasing your daily activities can help improve your health. You and your pulmonary rehabilitation team will design a plan that's right for you.

In pulmonary rehabilitation, you will also learn about good nutrition and how to live well with your COPD. In addition, it is a great way to meet and talk with other people who have COPD and are going through something similar to you.

If you have recently been hospitalized due to your COPD or if otherwise deemed necessary, your doctor or advanced practice provider (APP)* may prescribe pulmonary rehabilitation for you to help with your recovery.

Talk with your doctor or APP if you are interested in pulmonary rehabilitation. These programs are covered by most insurances, but a prescription from a health care provider is required.

Village Medical is proud to partner with



*An advanced practice provider is defined as a nurse practitioner or physician assistant.