

Pulmonary Rehabilitation (Rehab) is a service provided by Saint Elizabeth Regional Medical Center for individuals with chronic lung disease.

This program is designed to improve the overall quality of life for individuals who are limited by their lung disease.

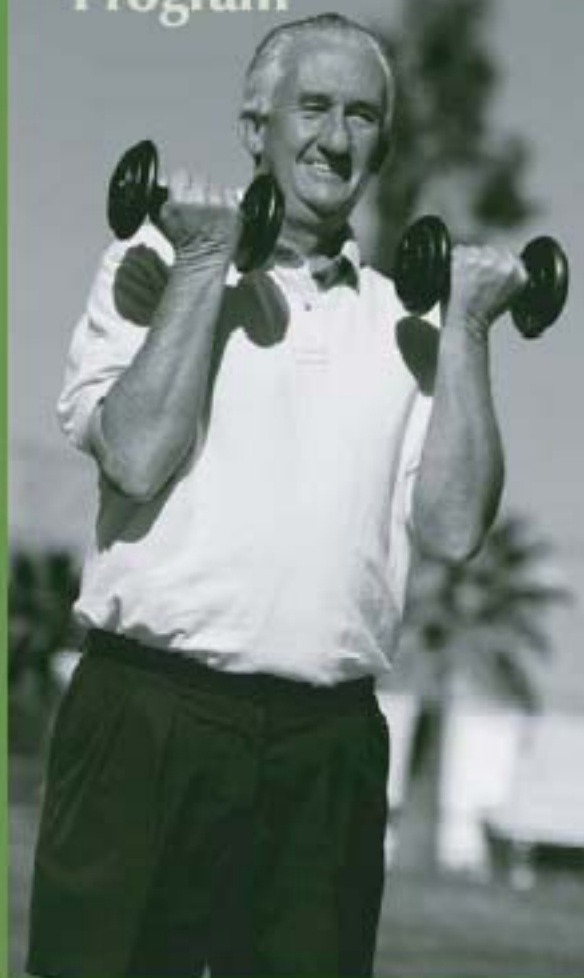
Saint Elizabeth is an accredited program of the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

† CATHOLIC HEALTH INITIATIVES

Saint Elizabeth Regional Medical Center

555 South 70th Street ■ Lincoln, NE 68510
www.SaintElizabethOnline.com

Pulmonary Rehabilitation Program



† CATHOLIC HEALTH INITIATIVES

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Saint Elizabeth Pulmonary Rehabilitation

Our program will help you:

- Become physically stronger
- Quit smoking
- Learn about the lungs
- Increase exercise tolerance
- Decrease shortness of breath
- Cope with feeling of fear or apprehension
- Exercise for life
- Improve breathing techniques
- Understand the medication you are taking

Who should be in Pulmonary Rehab?

Pulmonary Rehab is beneficial to individuals with chronic lung disease such as:

- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma
- Pulmonary Fibrosis
- Cystic Fibrosis
- Lung Transplant
- Emphysema



Who provides Pulmonary Rehab?

The Saint Elizabeth Rehab Team consists of:

- Registered Respiratory Therapists
- Registered Nurses
- Exercise Physiologists
- Registered Dietitians
- Registered Pharmacists
- Occupational Therapists
- And most importantly, YOU!

How much does rehab cost?

We offer a competitively priced program. Pulmonary Rehab is covered by most insurance plans and by Medicare. We will assist you in understanding the benefits of your insurance or Medicare plan.

How do I get started?

Pulmonary Rehab requires a referral from your physician. We will schedule an entry evaluation appointment for you.

Your first visit

We design a program to meet your specific needs. Exercise sessions are scheduled three days per week with various education sessions scheduled throughout your program. Every effort is made to schedule your sessions at a time most convenient for you.

Qualified staff supervises each session monitoring your pulse, blood pressure and oxygen saturation as indicated. Each session is limited in size to provide you with the attention and support you need.

Pulmonary Rehab's location

We are located on the north side of the Medical Center. Parking is available in the north lot of the medical center. Handicap parking is also available.

Experience the benefits of:

- Renewed self confidence
- Feeling stronger and being more active
- Improved quality of life
- Catching your second wind
- Improved breathing

Do it for your life!

For more information, call
402.219.8717