PULMONARY REHABILITATION

Pulmonary Rehabilitation helps you improve your quality of life. Pulmonary Rehabilitation cannot cure your lung disease, but it can be of great benefit to you and you may notice improved breathing effort with less breathing problems.

Other Benefits Include:

- Decreased symptoms of your disease
- Ability to function better in your daily activities
- Increased ability to exercise
- Better management of anxiety and depression

HOURS

Our Pulmonary Rehab program serves patients on **Monday, Wednesday & Friday.**

Our Emergency Room is open 24 hours a day, 7 days a week.

Some Things Take Your Breath Away Pulmonary Rehabilitation Gives It Back

St. Mary's Health

701 Lewiston St.
Cottonwood, ID 83522

Clearwater Valley Health

301 Cedar
Orofino, ID 83544

Pulmonary Rehab

CVH: 208.476.8575 | SMH: 208.476.8574

smh-cvh.org

PULMONARY RHABILITATION

Breathe Easier

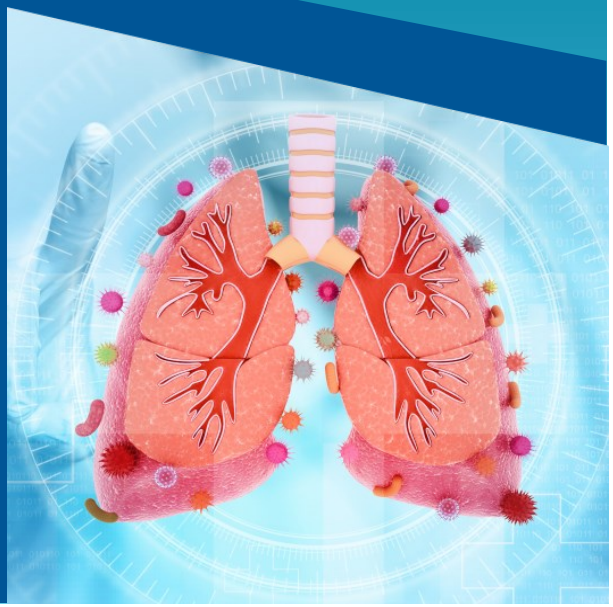
Clearwater Valley Health

St. Mary's Health

EDUCATION PROGRAMS

Programs that focus on COPD as well as other chronic lung diseases and provide information about:

- Medications, including drug interactions and side effects, using inhalers and much more
- Self care, adaptive equipment and energy conservation strategies
- Diet, nutrition and weight management
- Breathing training
- Importance of exercise
- Symptom assessment and information about when to seek medical attention
- Dozens of other topics that can help you take your life back!



MONITORED & SUPERVISED EXERCISE

A physical therapy plan that is tailored to you. You will learn how to increase your endurance through exercise in a group setting while being monitored for your rate of exertion, blood oxygen percentage, heart rate and blood pressure.

Your exercise will be progressed as deemed appropriate and you will learn how to continue exercises after discharge from the program.

PSYCHOSOCIAL SUPPORT

People who have chronic lung disease are more prone to depression, anxiety, and other emotional problems.

The pulmonary rehabilitation program will also offer you support and education.

Pulmonary Rehabilitation: Allowing you to make the most of limited lung function by increasing your endurance so you can lead a healthy life.