

Four Components to Pulmonary Rehabilitation

Education and Guidance: Our staff helps clients understand their pulmonary condition, how to manage symptoms, and improve comfort.

Exercise Training: Individually-tailored exercise plans based on goals developed by the client and professional staff.

Psycho-Social: Improve feelings of well being and learn how to decrease stress.

Nutrition: Nutritional education and individualized guidance to assist with your individual goals.

OMH Pulmonary Rehabilitation provides a safe environment for exercise under the supervision of professional staff.

Join our new
Cardiac Rehab Support Group!

Share, learn, support, and connect with others experiencing the effects of cardiovascular disease.

Meetings occur every fourth Thursday of each month from 3:00 - 4:00pm.

To learn more, please call
Denise Schmidlin at (989) 731-7842.

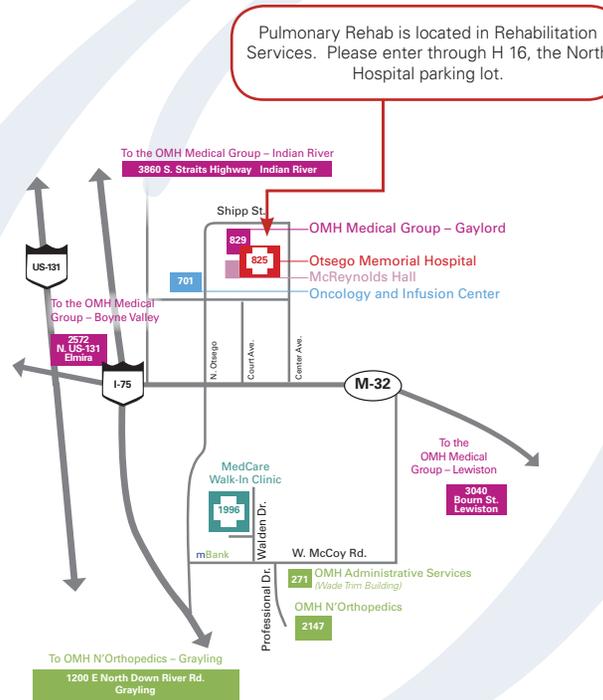
Easy Breathers

Hospital Switchboard (989) 731.2100

Toll Free (800) 322.3664

Pulmonary Rehabilitation (989) 731.7842

Physician Referral (989) 731.2300

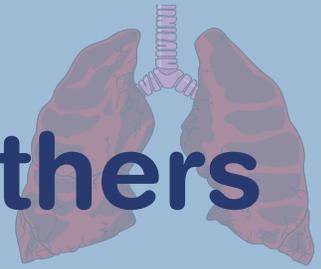


825 N. Center Ave., Gaylord, MI 49735

myOMH.org

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Revised 8/26/2016

Easy Breathers



Your Guide to
Pulmonary Rehabilitation
at Otsego Memorial Hospital

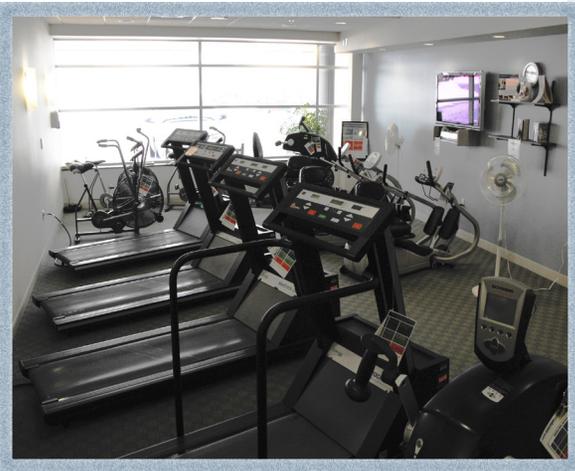


At our best when
it matters most.

Why Pulmonary Rehabilitation?

The purposes of Pulmonary Rehabilitation are to provide:

- Guidance in the areas of exercise, nutrition, medication use, stress management, and more.
- A safe and beneficial environment for exercise with the supervision of trained staff.
- Help to reduce symptoms, become physically stronger, and improve sense of well-being.
- Help for clients to function more comfortably and independently at home.
- Home exercise prescriptions for clients.



Pulmonary Rehab can make a difference if you have had:

- Emphysema
- Asthma
- Chronic Bronchitis
- Pulmonary Fibrosis
- Asbestosis
- Respiratory conditions due to fume and vapor inhalation

The Pulmonary Rehabilitation Team includes:

- Medical Providers (e.g., family physicians, pulmonologists, internists, etc.)
- Nurses
- Respiratory Therapists
- Exercise Specialist
- The Patient

Cost of the Pulmonary Rehab Program

- Commercial Insurances cover most or part of this program
- Medicare with a supplement covers this program

Getting Started

The Pulmonary Rehabilitation program entails:

- A written referral from a physician. This is the first step of pulmonary rehabilitation, and we are happy to assist in that process.
- Pulmonary Function Test within a year of starting the program
- Attending a series of educational classes specifically designed for pulmonary patients.
- Patients coming 2-3 days each week for 8-12 weeks.
- Session lengths being tailored to an individual's ability, and typically lasts one hour.
- Patients are seen:

Monday, Wednesday, Friday:

8 a.m.-4:30 p.m.

Tuesday and Thursday:

8:30 a.m.-2:30 p.m.

Appointments are made during that time frame.

