Personalized Plans to Achieve Goals

For some pulmonary patients, walking for 20 minutes seems more like running a marathon. However, declining into a sedentary lifestyle only worsens the symptoms. A medically supervised exercise plan can help patients improve function, enjoy activity again, and get back to feeling like their “old selves.” This plan can help you understand what you can or should do, how to do helpful breathing, and the importance of doing the exercises.

Sturdy’s Pulmonary Rehab team understands the challenges patients face, and provides personalized plans to help each one achieve their highest possible level of function.

The Breathing Club

Sturdy's Breathing Club is a regular support, education, and socialization group for those with pulmonary ailments. Open to past and present Pulmonary Rehab members, and anyone else in the community, the Breathing Club offers information on relevant topics, and regularly includes guest speakers.

To learn more about the Breathing Club, or to be put on the mailing list, please contact Pulmonary Rehabilitation at 508-236-7552.

Improving Function and Enhancing Quality of Life

For more information about Pulmonary Rehabilitation at Sturdy Memorial Hospital, please call 508-236-7550.
Can I benefit from Pulmonary Rehab?

Patients with a variety of lung ailments, including Chronic Obstructive Pulmonary Disease (COPD), might be candidates for Pulmonary Rehab. Even those with very low levels of function and mobility can achieve substantial improvements.

What improvements can I expect?

It is never too late to improve. For most patients, even those with advanced lung disease and limited mobility, goals center around significant improvements in everyday function. Pulmonary Rehab staff helps patients set attainable goals, develop plans for reaching those goals, and provides assistance and encouragement along the way. Ultimately, though, it’s the patient’s dedication that will determine the results.

How is the program structured?

Each Pulmonary Rehab session lasts between six and twelve weeks, with three 1.5-hour classes each week. During each class, Pulmonary Rehab staff will offer direction and assistance as participants perform aerobic and strengthening exercises.

Once a week, expert speakers will give educational presentations on a variety of pertinent topics. Typical topics include breathing exercises, self-care techniques, home exercise, nutrition tips with a registered dietitian, medication review with a pharmacist, and stress management. Presentations are designed to educate patients, so they can better care for themselves.

How can I maintain and improve my fitness once my Pulmonary Rehab session ends?

Patients “graduate” from the program once they have achieved their goals. A continued diet and exercise plan is crucial to maintaining fitness and functionality.

The Cardio-Pulmonary Rehab department at Sturdy runs a maintenance program (limited availability). A wellness exercise class is also offered. In addition to the resources available at the Hospital, there are area fitness clubs that graduates can use to stay on track.

What started as one of the area’s first small groups has grown into a highly respected program. Thanks to the efforts of programs like Sturdy’s, Pulmonary Rehabilitation has become a standard of care, helping patients achieve improvements in activity levels, strength, and self-care. It is covered by Medicare and most insurance plans.

Sturdy Memorial Hospital is a center for The COPD Foundation’s Pulmonary Education Program (PEP), a ground breaking program designed to support select Pulmonary Rehabilitation Centers across the country with up-to-date, disease-specific patient education materials. Sturdy is also a site for pre and post lung transplant patients.

Pulmonary services are offered to those in The Survivorship Training And Rehabilitation (STAR) Program, a hospital-wide, multidisciplinary, oncology rehabilitation program that supports patients living with cancer or in remission.

Discuss the possible benefits of Pulmonary Rehab with your primary care physician. A doctor’s order is required before you begin the program. Participants must be non-smoking, and current EKGs, Pulmonary Function Tests, and Chest X-rays, are required.

Visit Sturdy’s website at www.sturdymemorial.org for more information.