

Pulmonary Rehab Program at The Marden Cardiac Rehab Center



Pulmonary Rehab Program

located at

The Marden Cardiac Rehab Center

part of Heart First

244 Kennedy Memorial Drive - Suite 204
Waterville, Maine 04901
Telephone: 207-861-5591



*“We can help you
catch your second wind”*



What is *Pulmonary Rehab*?

Pulmonary Rehab is a program made up of exercise therapists, respiratory therapists, rehabilitation nurses and doctors that helps improve the well-being of people who have chronic lung problems. Pulmonary Rehab does not replace medical therapy. Instead it is used with medical therapy and includes:

- **Exercise and strength training**
- **Nutritional counseling**
- **Education about your lung condition and how to manage it**
- **Energy conserving techniques**
- **Breathing strategies**
- **Stress management & anxiety control**

Your rehab program will be tailored to your abilities and needs. Even if you have advanced lung problems, Inland's Pulmonary Rehab can help.



WHO NEEDS PULMONARY REHAB?

Your doctor may recommend Pulmonary Rehab if you have a chronic lung condition that makes it hard for you to breathe and limits your activities. Examples of these conditions include COPD, emphysema, asthma, pulmonary fibrosis, and cystic fibrosis. There are many others as well. Your doctor may also recommend the program before and after lung surgery to help you recover. This therapy can also help those who have a muscle wasting disorder that can effect the breathing muscles such as ALS or muscular dystrophy. Pulmonary Rehab works best when your disease is in a moderate stage, but even if you have severe disease, the therapy provided in the program can have benefits.

This is a service that is covered by Medicare, MaineCare, Tricare and most private insurances. Check with your insurance company for specific coverage or any pre-certification requirements.

What's the next step?

Talk to your primary care provider about a referral to **Inland's Pulmonary Rehab Program.**