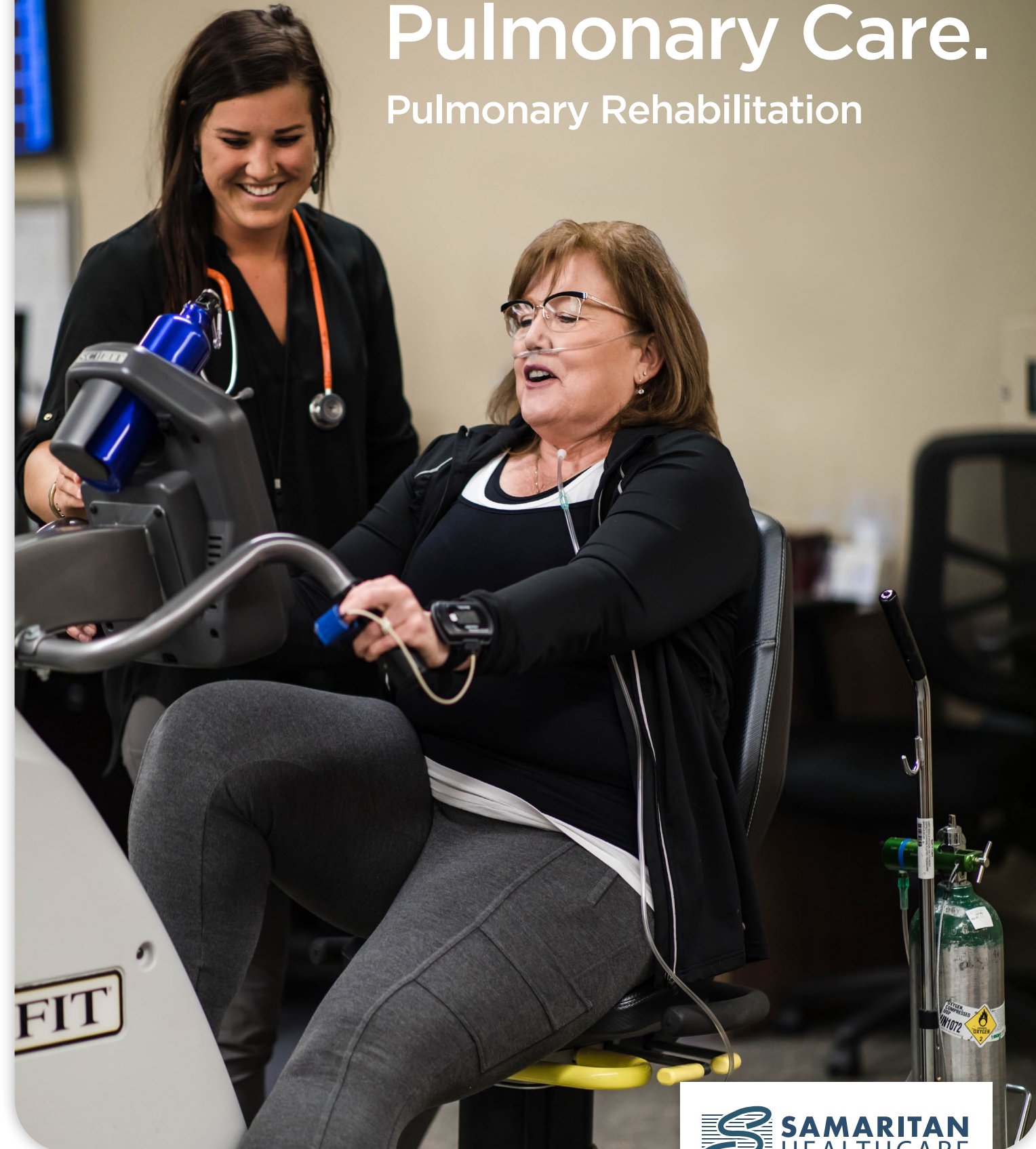


# Individualized Pulmonary Care.

Pulmonary Rehabilitation



**Pulmonary Rehabilitation**  
Schedule an appointment by calling (509) 793-9659.  
801 E. Wheeler Rd. | Moses Lake, WA 98837

[SamaritanHealthcare.com](http://SamaritanHealthcare.com)

# Breathe easier. Live healthier.

## What is Pulmonary Rehab?

The Pulmonary Rehabilitation program provides comprehensive pulmonary rehabilitative services—a crucial component of care for patients managing chronic lung disease. Pulmonary rehab is based on thorough patient assessments followed by patient-tailored therapies that are designed to improve the patient's physical and psychological health.

## Core components of Pulmonary Rehab

- Baseline and ongoing patient and disease assessment
- Individualized treatment plans
- Monitored and supervised exercises
- Risk factor management
- Breathing retraining and techniques
- Education



## Who benefits from Pulmonary Rehab?

Pulmonary rehab helps those who suffer from chronic lung diseases including:

### Obstructive pulmonary disease

- Chronic obstructive pulmonary disease (COPD), stages II-IV
- Persistent asthma
- Diffuse bronchiectasis
- Cystic fibrosis
- Bronchiolitis obliterans

### Restrictive pulmonary disease

- Interstitial lung disease
- Interstitial fibrosis
- Occupational or environmental lung disease
- Sarcoidosis
- Connective tissue diseases
- Hypersensitivity pneumonitis
- ARDS survivors
- Chest wall disease
- Kyphoscoliosis
- Ankylosing spondylitis
- Post-tuberculosis syndrome

### Other lung conditions

- Lung cancer
- Pulmonary hypertension
- Before/after thoracic and abdominal surgery
- Before/after lung transplantation
- Before/after lung volume reduction surgery
- Ventilator dependency
- Obesity-related respiratory disease



## Benefits of Pulmonary Rehab

In addition to improving overall lung health, other pulmonary rehab benefits include:

- Lessening breathing difficulties
- Understanding how to use medication and oxygen appropriately
- Decreasing symptoms of lung disease or condition
- Improving ability to function better in daily activities
- Improving exercise tolerance
- Decreasing symptoms/improving management of anxiety and depression
- Reducing hospitalizations

## State-of-the-art equipment

Patients who are referred to Samaritan Pulmonary Rehab will have access to new exercise equipment:

- Treadmills for walking or high-intensity exercise training

- Arm ergometers for upper extremity workouts
- Recumbent steppers for whole body exercises
- Recumbent bikes for lower extremity exercise
- Free weights and resistance bands for overall muscular fitness

To ensure safety during exercise, Samaritan Pulmonary Rehab patients are monitored with industry-leading cardiac and pulmonary monitoring technology. Exercise physiologists receive continuous oxygen saturation readings throughout the exercise sessions.

**To schedule an appointment with the Pulmonary Rehabilitation team, call (509) 793-9659.**

