

# Pulmonary Rehabilitation



**FOR THOSE LIVING WITH  
INTERSTITIAL LUNG DISEASE**

# What Can I Expect from a Physical Therapy Evaluation



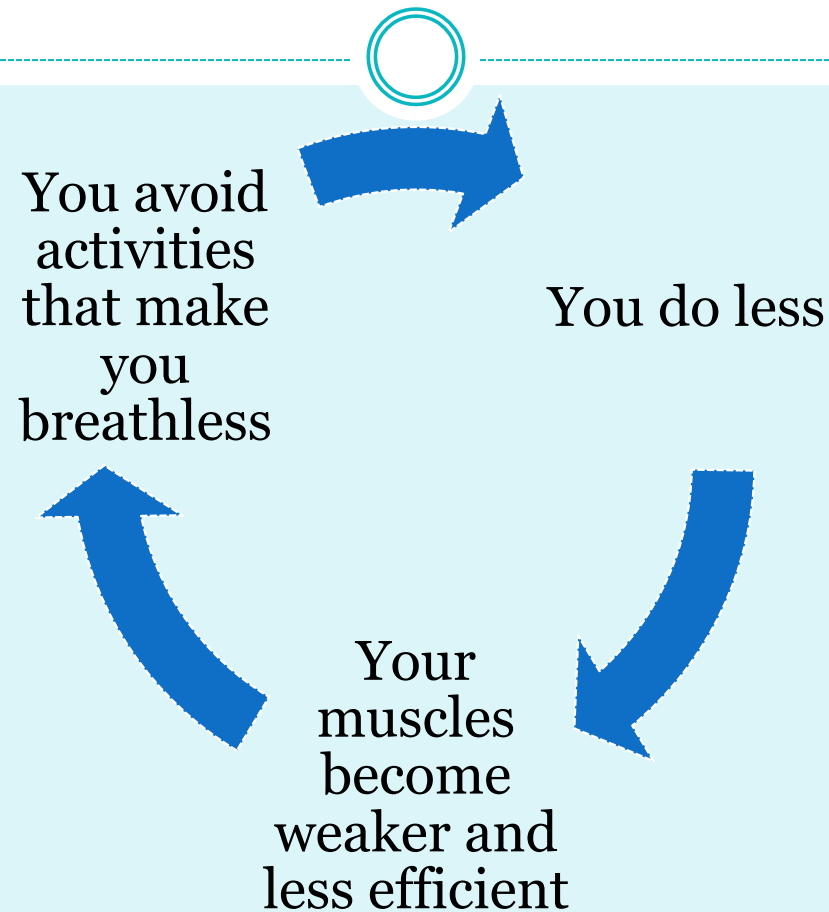
- Evaluation of your pattern of breathing, ability to cough and clear congestion, and adhere to an airway clearance program if needed
- Detailed review of your posture, strength, range of motion & flexibility, balance, sensation and walking pattern
- Assessment of your aerobic capacity usually a self-paced 6 minute walking test

# What is Pulmonary Rehabilitation?



- A supervised program that you will be attending twice a week for several weeks, aiming toward a lifetime of ongoing physical activity.
- It can take place in a group or individual setting.
- It will include exercise and education to help you better manage your condition.

# What Is Deconditioning?



# What Will I Do In Pulmonary Rehabilitation?



- Endurance exercise like walking on a treadmill or riding a stationary bike.
- Strengthening and stretching exercises, often using weights or resistance bands.
- Practice breathing exercises and ways to save your energy.
- Learn about the importance of nutrition and how it affects your condition.
- Better understand your condition and what you can do to manage it.

# Who Might I Meet In Pulmonary Rehabilitation?



- Doctors
- Nurses
- Physical therapists
- Respiratory therapists
- Dieticians/nutritionists
- Mental health specialists

# Why Is Pulmonary Rehabilitation Important?



Pulmonary rehabilitation can help you:

- Increase your physical activity
- Have more energy and manage your shortness of breath
- Get social support from others with lung disease
- Improve your quality of life
- Decrease your number of doctors' visits and hospital stays
- Plan to continue your exercise at home

# Everyday Activity Versus Exercise Program



- Housework
- Running errands
- Grocery shopping
- Going to appointments

- Principles of exercise (FITT):
  - **F**requency - 3-5 x/week
  - **I**ntensity – must go behind current level of capacity and reach into reserve capacity
  - **T**ype – need to utilize a type of exercise that is meaningful to your daily function/life
  - **T**ime – try to achieve 20 minutes



# Who Benefits?



- Everyone!
- Anyone at any level of function has potential to improve their ability to participate in activity
- A supervised program helps assure that exercise is safe

# Importance of Supplemental Oxygen



- Must use enough O<sub>2</sub> for efficient function of the muscles and all organs
- Need to avoid unnecessary strain to the heart

# Questions?

