

# PULMONARY REHABILITATION

## WHO?

Riverside Medical Center's Outpatient Pulmonary Rehabilitation program is a comprehensive program that specializes in the rehabilitation of adults with chronic lung diseases who desire to control and/or alleviate symptoms of respiratory impairment.

The program is designed to help patients with chronic lung diseases to improve endurance, and to reach maximum potential in independence and self-care. Staff will provide education on lung disease, assist in exercise therapy and work on individual coping strategies. By participating in the program, individuals can work on achieving their personal goals, increasing exercise capacity , improving endurance and quality of life.

## WHAT?

Individuals who attend pulmonary rehabilitation receive an initial evaluation prior to starting the program. The program consists of exercise sessions that last for approximately 1 hour. These sessions can be scheduled 2-3 days a week. Each patient has an individualized exercise plan utilizing a variety of aerobic and strength training equipment. This plan is developed with a healthcare professional focusing on their individual needs. Additional time is allotted with each session for group and individual education on how to manage pulmonary conditions and their symptoms. Riverside will provide oxygen for individual use during the exercise session.

## HOW?

Your pulmonologist or attending physician must order the program. Please contact your physician if you are interested in attending. You can contact our department at (815) 935-3271 for financial information. We look forward to serving you.

## STAFF:

The Cardiopulmonary Rehabilitation Department is staffed by specially trained cardiac nurses, clinical exercise physiologists, respiratory therapists, and technicians. These clinicians focus on developing individualized care plans with you and your provider. The professional team keeps your pulmonologist and/or attending physician informed of your progress during the program.

## WHERE?

Pulmonary rehabilitation is offered on site at three convenient locations.

### Riverside Cardiopulmonary Rehabilitation

500 N. Wall Street | Suite C401  
Kankakee, IL 60901

**(815) 935-3271**

### Riverside Cardiopulmonary Rehabilitation, Bourbonnais

400 Riverside Drive | Suite 1700  
Bourbonnais, Illinois 60914

**(815) 432-7663**

### Riverside Cardiopulmonary Rehabilitation, Watseka

1490 E. Walnut Street | Suite A  
Watseka, Illinois 60970

**(815) 432-7665**

[riversidehealthcare.org](http://riversidehealthcare.org)

