

# Pulmonary Rehabilitation

Is your chronic obstructive pulmonary disease (COPD) making it hard to stay active in your daily life?

If so, a pulmonary rehabilitation (or “PR”) program may be right for you.

## What Is PR?

Pulmonary rehabilitation is a program with education and exercise classes.

### PR teaches you about:

- COPD and your lungs
- How to exercise
- The right foods to eat
- How to manage COPD
- How to be more active with less shortness of breath
- How to stay positive

PR programs can help rebuild your strength and improve your lung function. PR can be used with your COPD medicines to help reduce your COPD symptoms. Your quality of life may get better.

PR programs can be started at any time. They usually take place at a hospital or PR clinic. A team of doctors, nurses, and other specialists will lead your program.



### Meet Kyle

Kyle has had COPD for several years. For him, living well means breathing easier while doing his daily activities. His healthcare provider recommended a PR program that helped Kyle feel better.

### Like Kyle, you may also get a lot out of a PR program, such as:

- Answers about COPD and treatments
- Advice from other patients with COPD
- Tips on breathing and saving your energy
- Exercise training
- Information about a healthy diet
- Help to quit smoking
- Counseling or support groups

*Photograph is of a model, and not a patient, with the condition described.*

## My PR Program Goals

PR programs may make a difference at any stage of COPD.  
What goals do you want to reach by using a PR program?



I want to improve my overall well-being.



I want to go to the hospital less often.



I want to improve my strength and endurance.



I want to talk with other patients with COPD about their stories.



I want to reduce my risk of flare-ups.



I want help with depression and anxiety.

My other goals: \_\_\_\_\_

## How Can I Find a PR Program?

Ask your healthcare provider to direct you to PR programs in your area. You can also:

- Call your local hospital or medical center.
- Contact the American Lung Association® (ALA). Visit [www.lung.org](http://www.lung.org), or call 800-LUNGUSA (800-586-4872). Through the ALA, you can get in touch with:
  - Better Breathers Clubs—groups that meet regularly to support patients with COPD
  - The Lung Connection Community, a free, online support group for patients with lung diseases such as COPD
- Go online and search the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) directory of PR programs and providers in your area.
  - Visit [www.aacvpr.org](http://www.aacvpr.org), or call 312-321-5146 to learn more

Pulmonary rehabilitation may help you better manage your COPD. Talk with your healthcare provider about a PR program that is right for you.

