

## How are you breathing?

Acute and chronic lung diseases can damage lung tissue and airways. This damage can cause difficulty in breathing and a decrease in physical activity. These effects can be life-altering. Many people with lung diseases and disorders are unable to physically do the activities they once enjoyed.

Our Outpatient Pulmonary Rehabilitation Program is designed to help you gain knowledge of your lung disease, manage your breathing problems and improve your exercise tolerance. In turn, this will help you to achieve your optimal ability to carry out activities of daily living, regain independence and improve your overall quality of life.

“Pulmonary Rehab was the best thing to happen to me since the diagnosis. My PFT’s have improved, I’m physically stronger and my outlook, in general, is better. I can’t recommend rehab strongly enough.”

—Karen Gibson, Patient

## Outpatient Pulmonary Rehabilitation Program

*Physician referral and release is necessary.  
Insurance coverage will vary.*

Contact us at  
615-396-4926



*Helping You Live & Breathe Better*

## Outpatient Pulmonary Rehabilitation Program



**The Wellness Center**

Middle Tennessee Medical Center

611 East Lytle Street  
Murfreesboro, TN 37130



**The Wellness Center**

Middle Tennessee Medical Center

## Patient Testimonials



“My experiences at pulmonary rehab have been so satisfactory. I started classes thinking I couldn't do anything on the exercise machines or the stretches at the end of the classes. The day I clocked five miles on the stationary bike

after spending eight minutes on another machine was a really proud one! Our instructors are so encouraging and helpful. We have learned many techniques that are so helpful in daily life.”

—Carol Ellett, Patient

“It really makes a difference!”

—Kenneth E. Fail, Patient

“From the moment I stepped through the doors at The Wellness Center to begin pulmonary rehabilitation, I felt like I was in control of my health and never looked back. The staff was courteous, professional and treated me with dignity and respect while providing me an education in dealing with a pulmonary disease. The association, in a group setting with individuals with similar health issues, was extremely rewarding and gave me a sense of comfort. I found this program to be beneficial to my well being and feel stronger as a result of the program.”

—Mary Drennan, Patient

## Outpatient Pulmonary Rehabilitation Program

The purpose of the Outpatient Pulmonary Rehabilitation Program is to alleviate patients' symptoms, optimize daily function and improve disability from chronic respiratory diseases.

### Who is eligible to participate?

Our program is designed for adults who are increasingly limited in their everyday activities due to lung diseases and disorders including emphysema, chronic bronchitis, bronchiectasis, asthma, pulmonary fibrosis, lung surgery and environmental or occupational lung disease. All patients must have a written referral and release from their physician to enroll in the program.

### What are the benefits of participating?

- Decreased symptoms
- Improved quality of life
- Increased exercise tolerance
- Greater independence in activities of daily living
- Better understanding of your lung disease
- Reduced hospitalizations, emergency room visits and doctor office visits

### Is it covered by my insurance?

The cost will vary depending upon insurance coverage. The program is covered by Medicare and most major medical insurances.

### How is the program structured?

It is a supervised, medically prescribed exercise and education program, three days per week, for one hour per day. Based upon your condition requirements and physician orders, you will participate in educational sessions, physical activities and respiratory treatments. The length of the program varies depending upon your individual needs.

Our pulmonary rehabilitation team consists of a pulmonologist, respiratory therapist, exercise physiologist and registered dietitian. During each session, they will monitor your blood pressure, oxygen saturation levels, heart rate, physical condition and response to treatment. They will supervise your progress and send reports to your physician.



## Julia Taliaferro's Story

“On March 9, 2009 I was released from Middle Tennessee Medical Center with severe lung problems. Ann Sanders had visited me several times during my hospital stay and was well aware of my health problems. I received a phone call from Ann setting up an appointment at The Wellness Center. I was walking with a walker and assisted by my daughter at this time. Dr. Louthan strongly suggested pulmonary rehab for me and this was the best advice I had ever been given. After 6 months of rehab I was able to drive myself and walk unassisted. I completed rehab and maintenance and today am still attending The Wellness Center. In June I had surgery for heart valve blockage. After 2 weeks Dr. Falterman released me back to pulmonary rehab. I shudder to think what my health would be now were it not for my wonderful doctors and the caring, competent folks at The Wellness Center.” --Julia Taliaferro, Patient