

Outpatient Pulmonary Rehabilitation

To schedule an appointment
or for more information,
call 641-444-5671 for Belmond
or 515-532-9351 for Clarion.



Iowa Specialty Hospital

Specializing in You

Locations

Belmond

403 1st Street Southeast
Belmond, Iowa 50421
Phone: (641) 444-3500

Clarion

1316 South Main Street
Clarion, Iowa 50525
Phone: (515) 532-2811

844-ISH-4321

www.iowaSpecialtyHospital.com



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Pulmonary Rehab Program

The purpose of Pulmonary Rehab is to reduce and control the symptoms and complications experienced by patients with moderate to severe pulmonary disease. This is accomplished through a program of exercise and education.

Iowa Specialty Hospital's Pulmonary Rehab Program is designed to address the frustration and challenges that patients with pulmonary disease encounter. Together, we can work to restore you to your fullest potential.

Our multidisciplinary team provides an individually tailored program to meet the patients' needs through exercise and education. Our goal is to stabilize the disease process and return the person to the highest functional capacity possible.

Who is Eligible?

Eligibility is based upon the following:

- A diagnosis of moderate to severe pulmonary disease.
- The results of your pulmonary function test shows the severity of your disease and the results are no older than one year.
- A non-smoker or participating in a smoking cessation program.

To ensure success, you must be motivated to participate and you must continue to use all that you will learn even after your rehab sessions have been completed.

Program Design

Pulmonary Rehabilitation meets two times a week for 9-18 weeks. If you meet certain medical criteria, some of the cost of the program is covered by Medicare and many private insurance carriers will also cover some of the cost.

Your exercise program is based upon the results of your 6-minute walk test, your pulmonary function test results, your medical history, and any personal needs or goals you may have.

Education

Education is a very important part of the Pulmonary Rehab Program.

Educational topics include:

- breathing retraining and paced walking
- lung diseases
- safe exercise
- medications
- keeping your lungs clean and healthy
- conserving energy
- eat to feel better
- managing stress

Should People with Pulmonary Disease Exercise?

If your physician feels that you are a candidate for Pulmonary Rehab and your condition is stable, Pulmonary Rehabilitation has many benefits.

How to Get Started?

- All services are provided on an out-patient basis.
- Talk to your physician. Those interested in participating in Iowa Specialty Hospital Pulmonary Rehab program must receive approval from their physician.



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