

## PULMONARY REHABILITATION

Pulmonary Rehabilitation is a program offered by Franciscan Healthcare that helps you manage and decrease the disabling symptoms of chronic respiratory diseases such as emphysema, COPD, asthma, and chronic bronchitis.

In this program, rehabilitation staff promote exercise, breathing techniques, and education to help increase your quality of life and allow you to perform everyday tasks more easily and comfortably.

### ***What is Outpatient Pulmonary Rehabilitation?***

Pulmonary Rehabilitation is a program that assists you in making lifestyle changes to increase your quality of life. The Franciscan Healthcare Pulmonary Rehabilitation staff will develop an individual exercise program using a variety of equipment to help you reach your goals.

### **ABOUT THE PROGRAM**

The Pulmonary Rehabilitation program is scheduled for patients on Mondays, Wednesdays and Fridays at Franciscan Healthcare in the Wimmer Rehabilitation area. The rehab staff works with your physician to provide a program to benefit you. Your spouse may also attend and exercise with you.

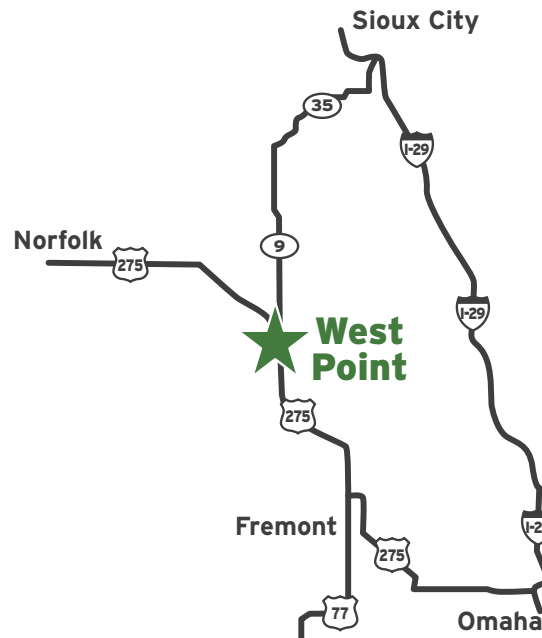
Pulmonary Rehabilitation is a covered expense for Medicare patients and most privately insured patients with a chronic respiratory diagnosis.

### ***What is Pulmonary Maintenance Rehabilitation?***

Maintenance Pulmonary Rehab is a self-pay, independent exercise program for people that have completed the outpatient pulmonary rehabilitation program or have a history of lung disease.

### ***Where is Franciscan Healthcare?***

Franciscan Healthcare is conveniently located in West Point, Nebraska.



### ***How Do I Get Started?***

For information on Cardiac & Pulmonary Rehabilitation, contact:



**Franciscan Healthcare**

*Your health is our passion.*

**CARDIAC & PULMONARY REHABILITATION**

**DIRECT LINE**

**402.372.6722**

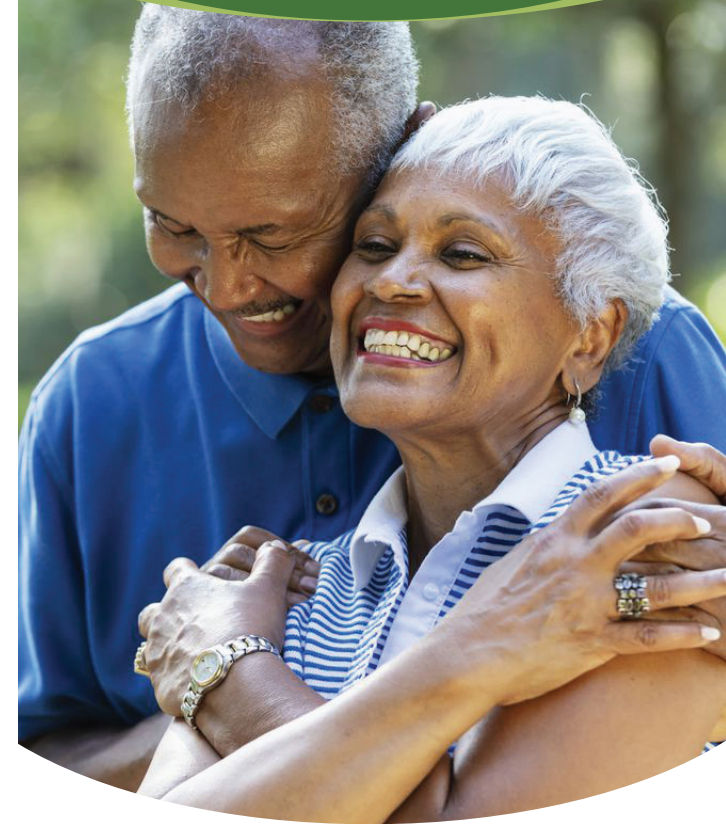
*Intérpretes Disponible 402.372.2404*

430 N. Monitor St. | West Point, NE 68788

**franhealth.org**

FH\_CARPULREHAB\_032025\_ENGLISH

## CARDIAC & PULMONARY REHABILITATION



**Franciscan Healthcare**

*Your health is our passion.*

**DIRECT LINE**

**402.372.6722**

# CARDIAC REHABILITATION

Cardiac Rehabilitation is a program offered by Franciscan Healthcare that assists heart patients and those at high risk for heart disease to achieve their best heart health. This program is for patients with the following conditions or who have had the following procedures:

- Heart Attack
- Coronary Artery Bypass
- Angioplasty
- Cardiac Stents
- Stable Angina
- Heart Valve Surgery
- Heart or Heart/Lung Transplant
- Heart Failure

**Cardiac Rehabilitation is covered by Medicare and most private insurances.**



Franciscan Healthcare Cardiac Rehabilitation Team Members, 2025

## THE BENEFITS OF CARDIAC REHABILITATION

- ✓ Control and decreases risk factors for heart disease
- ✓ Helps manage blood pressure and cholesterol levels
- ✓ Teaches appropriate exercise habits and techniques
- ✓ Increases physical activity and energy levels
- ✓ Lowers blood sugar levels
- ✓ Teaches healthy eating habits
- ✓ Helps to maintain a healthy weight
- ✓ Helps to reduce stress and promotes a positive self image
- ✓ May decrease the need for medications
- ✓ Promotes support from other individuals with similar health issues

## Cardiac Rehabilitation is divided into Three Phases:

### Inpatient (Phase 1)

*Cardiac Rehabilitation that is done when you are in the hospital recovering from a heart event.*

### Outpatient (Phase 2)

*This program consists of exercise sessions three times weekly.*

An exercise plan will be designed specifically for you that begins slowly and gradually increases as you get stronger.

You will wear a heart monitor and have your blood pressure checked during the sessions.

Teaching sessions about heart health and lowering your risk factors will be part of the rehabilitation for both the patient and family.

Staff will be in communication with your doctor and will notify them if your condition changes.

*This phase is covered by Medicare and most insurance companies.*

Spouses encouraged to attend and exercise with patient.

### Maintenance (Phase 3 & Phase 4)

*Available for people that have completed Cardiac Rehabilitation, have a history of heart disease, or are at risk for heart disease.*

Exercise that is independent with staff supervision.

Offered on Mondays, Wednesdays and Fridays.

*Program is self-pay with several flexible paying options.*

Includes periodic heart monitoring.