

Feeling out of breath? Cardiopulmonary Rehabilitation can help.



Trained health care providers help improve the lives of people with pulmonary and cardiac conditions. Our multidisciplinary team focuses on exercise conditioning, strength training, breathing retraining, nutritional counseling, and emotional support services.



The cardiopulmonary rehabilitation program is designed to help patients breathe better despite any heart or lung conditions and treat those who have recently experienced a cardiac event. We help our patient's lungs and heart work more efficiently so they can enjoy more active lives. Our program optimizes patients' physical, psychological, and social functioning through exercise conditioning, strength training, nutritional counseling, activities of daily living, education and emotional support.

Who can benefit from pulmonary rehabilitation?

People Who Have or
Have Had:

- COPD
- Emphysema
- Lung Cancer
- Chronic Bronchitis
- Asthma
- Interstitial Lung Disease
- Heart Attack or Heart Failure
- Angioplasty or CABG
- Heart Valve Repair or Replacement
- Heart Transplant
- Angina
- COVID-19

Course of Treatment

For more information or to learn how you can enroll in our Cardiopulmonary Rehabilitation Program, please call **806.244.9221** or visit **www.dhchd.org**.

Patients will receive an individualized treatment plan designed around his or her specific needs. This plan is developed jointly with the patient and the health care professionals providing treatment. The medical director oversees all patient care from start to finish. Most patients complete treatment within 8 to 12 weeks. After an initial two-hour evaluation, cardiopulmonary rehab is typically scheduled for two hours, three times a week.



Our patients experience improved self-confidence and increased involvement in daily activities. Through the combination of our staff expertise and our commitment to work closely with patients, we aim to reduce hospitalizations, increase independence and lessen complications of cardiac and pulmonary diseases.

Expected Outcomes:

17%
Improved
Quality of
Life

58%
Increase in
6-Minute
Walk Test

24%
Increase
in Daily
Activities

- Increased physical conditioning
- Increased stamina and endurance
- Improved quality of life
- Reduced hospital readmissions
- Reduced length of stay if hospitalized
- Reduced medication cost