For patients with chronic lung diseases, even the simplest day-to-day activities can be a challenge. When every breath is a struggle, living and enjoying life becomes difficult.

The Pulmonary Rehabilitation Program at Carroll Hospital Center helps patients with respiratory disorders understand and cope with their disease and function more comfortably and independently.

Our program features weekly education and exercise, along with nutritional and emotional support to help patients improve their quality of life.

Our Pulmonary Rehabilitation Program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), ensuring the highest standards of care.

Range of Conditions Treated
Individuals with any of the conditions listed below may benefit from our Pulmonary Rehabilitation Program:

- Asbestosis
- Asthma
- Bronchiectasis
- Chronic bronchitis
- Chronic Obstructive Pulmonary Disease
- Cystic fibrosis
- Emphysema
- Interstitial lung disease
- Lung transplant issues

Contact us today!
For more information on The Pulmonary Rehabilitation Program, call 410-871-6333.
CarrollHospitalCenter.org
Expert Care Teams
Pulmonary rehabilitation uses a team approach, involving not only the patient, but also physicians; nurses; respiratory, physical and occupational therapists; psychologists; and dietitians. After evaluating a patient’s overall physical and emotional condition, the care team works to develop an individualized treatment plan. While no two plans are exactly alike, most address the following key objectives:

- Controlling breathing problems and other symptoms
- Developing self-management capabilities and resuming daily activities
- Improving nutrition and exercise habits
- Utilizing stress management and relaxation techniques
- Reducing hospitalizations

Exercise
Many patients requiring pulmonary rehabilitation avoid exercise for fear of experiencing shortness of breath. Yet, physical conditioning can actually have the reverse effect, helping patients control their breathing and improve heart and lung function. Here, patients complete weekly exercise programs tailored to their specific condition. Activities may include walking, stationary bicycling and low-impact aerobics.

Educational Sessions
It’s important for patients to learn about their condition. Our Pulmonary Rehabilitation Program includes a series of lifestyle-related educational sessions on medication and nutrition management, symptom assessment, exercise and stress relief. The goal of these sessions is to help patients learn to control their condition independently.

Nutritional Management
Chronic pulmonary problems and restrictive lung diseases can interfere with a patient’s ability to maintain a balanced diet. The dietitians at Carroll Hospital Center work closely with all patients to help them develop good eating and nutritional habits. Food selection and preparation strategies are taught as well.

Emotional Support
It is common for patients to experience emotional stresses such as anxiety and depression as a result of their respiratory condition. To help them effectively cope with their illness and progress toward recovery, we provide support, education and stress management techniques.

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