



Therapy & Wellness Center

Marshall Medical Center North

8000 Alabama Highway 69 Guntersville, AL 35976

256.571.8850 (256.753.8850 Arab area residents)

Wellness Center

Marshall Medical Center South

2505 US Highway 431 Boaz, AL 35957

256.840.3348

All Marshall Medical locations are tobacco-free.
Thank you for respecting the health of others.



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www.mmcenters.com



What is Pulmonary Rehabilitation?

The purpose of Pulmonary Rehabilitation is to help reduce and control symptoms and complications brought on by moderate to severe pulmonary disease. Marshall Medical's Pulmonary Rehabilitation program is designed to overcome the challenges and frustrations of pulmonary disease. Our multidisciplinary team provides individually tailored programs to meet your needs through evaluation, exercise, and education. Together we can stabilize the disease and return you to the highest functionality possible.

Can Pulmonary Rehabilitation help you?

Pulmonary Rehab is beneficial to people with respiratory diseases, thoracic cage abnormalities, neuromuscular diseases, severe obesity, lung cancer, volume reduction surgery, and lung transplants. Whether you have a chronic respiratory system disease or experience disabling symptoms, such as shortness of breath, cough and/or mucus production, Pulmonary Rehab may help. It also may be beneficial to those with even the severest pulmonary disease.

How can Pulmonary Rehabilitation help you?

Participating in a Pulmonary Rehabilitation program can help reduce and control breathing difficulties as well as other symptoms. You will learn more about your disease, treatment options, coping strategies, and how to better manage the disease. Our Pulmonary Rehab program consists of three weekly meetings for 6 to 12 weeks. Each meeting is tailored to a personalized exercise program and education.

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

Along with exercise, Marshall Medical's Pulmonary Rehab program provides education on pulmonary disease. The topics include: breathing retraining and paced walking, lung diseases, safe exercises, medications, keeping your lungs clean and healthy, conserving energy, eating to feel better, and managing stress.



Who is eligible?

Eligibility into Marshall Medical's Pulmonary Rehabilitation program is based on:

- A diagnosis of moderate to severe obstructive lung disease
- The results of your pulmonary function test, results must be no older than a year
- A non-smoker or participant of a smoking cessation program

How do you get started?

Talk to your physician. Those interested in Pulmonary Rehab must receive referral from their physician. If referred, your doctor or you may schedule your consultation by calling TherapyPlus at these locations:

Marshall North 256-571-8850
(256-753-8850 for Arab area residents)

Marshall South 256-840-3348

