

# Pulmonary Rehabilitation Program

Pulmonary rehabilitation is a self-management education and exercise rehabilitation program.

The interdisciplinary team offers education related to pulmonary conditions, a supervised exercise program to help build strength and endurance, as well as social support.

## The goal of the program is to:

- Help improve quality of life
- Reduce visits to the hospital due to respiratory problems
- Increase overall independence

Healthcare professionals work with you to set individual treatment goals. This program features exercises that will focus on cardiovascular fitness, strength training, and education topics to help you to better manage chronic lung disease.

## The Team

The Pulmonary Rehabilitation team consists of a physiotherapist, a kinesiologist and a rehabilitation assistant.

Patients can expect to also receive education from a respiratory therapist, a social worker, a pharmacist, a dietitian, and other healthcare professionals.

## The Program

Pulmonary Rehabilitation is available both in-person and virtually and runs for six (6) weeks, every Tuesday and Thursdays for 90 minutes.

If attending in-person, the team is in the Outpatient Rehabilitation department on Level 2. Parking is available at the main entrance of the hospital and PRHC volunteers are available to take you down to the department from the main entrance.

## How to Participate

Referral to this program is by a physician or nurse practitioner only. Please find a referral form on our **website**.

Peterborough Regional Health Centre  
Outpatient Rehab Therapies  
t: 705-743-2121 x. 2828  
f: 705-876-5840

**[prhc.on.ca/healthcare-services/rehabilitation/outpatient-rehabilitation/](https://prhc.on.ca/healthcare-services/rehabilitation/outpatient-rehabilitation/)**