

If you think physical therapy could help to improve your function, contact your physician for a referral. To schedule an appointment, contact our call center at (315) 464-6543. You will need to bring your physician's referral or prescription to your first appointment.

HELPFUL LINKS:

American Lung Association

www.lungusa.org

National Heart, Lung and Blood Institute

www.nhlbi.nih.gov

The American Thoracic Society

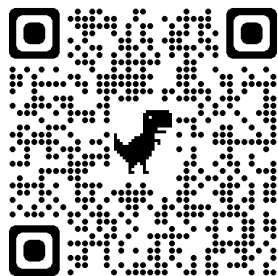
www.thoracic.org/sections/

clinicalinformation/

pulmonary-rehabilitation/

patient-information/pages/

pulmonaryrehabilitation.html



For more information about Rehabilitation for the Patient with Pulmonary Issues at Upstate University Hospital, visit upstate.edu/pmr/healthcare/programs/pulmonary.php or use the QR code above.

UPSTATE REGIONAL REHABILITATION CENTERS

INSTITUTE FOR HUMAN PERFORMANCE

505 Irving Ave.
Syracuse, NY 13210

UPSTATE BONE & JOINT CENTER

6620 Fly Road, Suite 201
East Syracuse, NY 13057

UPSTATE UNIVERSITY MEDICINE AT TOWNSHIP 5

208 Township Boulevard
Camillus, NY 13031

UPSTATE REHABILITATION AT WESTERN LIGHTS PLAZA

4671 Onondaga Boulevard, Suite B-100
Syracuse, NY 13219

'MEET' OUR
PHYSICIANS AT



FindaDoc

upstate.edu/findadoc

UPSTATE CONNECT
800.464.8668

REHABILITATION FOR THE PATIENT WITH PULMONARY ISSUES



UPSTATE REGIONAL REHABILITATION CENTERS

WHAT CAN REHABILITATION DO FOR ME?

OUR PROGRAM MAY BE SUITABLE FOR PATIENTS WITH THE FOLLOWING DIAGNOSES

- COPD
- Asthma
- Lung Resection
- Cystic Fibrosis
- Restrictive Lung Disorders
- Pulmonary Hypertension
- Pneumonia
- Pre-Op and Post-Op Lung Volume Reduction Surgery
- Pre-Op and Post-Op Lung Transplant

PHYSICAL THERAPY WILL ENTAIL

- Individualized Physical Therapy Sessions
- Initial Evaluation
- Breathing Retraining
- Education Regarding Energy Conservation
- Education Regarding the Disease Process
- Breathing and Relaxation Techniques
- Individualized Exercise Programs to Build Strength and Endurance
- Functional Mobility Training
- A Customized Home Exercise Program
- Assistance in the Transition to a Home-Based or Community-Based Exercise Program
- Inspiratory and Expiratory Muscle Training/ Strengthening



FOR YOUR FIRST SESSION, PLEASE REMEMBER

- Your referral from your doctor
- Your insurance card
- Your oxygen tank and nasal cannula (if you need one)
- Comfortable clothes for exercise
- A list of your medications
- To take your medications as prescribed prior to your session
- To bring your inhaler (if you need one)
- Your past medical history

HAVE YOU NOTICED ANY OF THE FOLLOWING

- Decreased appetite
- Weight loss
- Sensation of food sticking in your throat
- Coughing while eating or drinking

UPSTATE REGIONAL REHABILITATION CENTERS

- Choking
- Throat clearing when eating or drinking
- Needing to swallow more than once to get a piece of food down
- Temperature spikes or low grade fevers after meals
- Change in voice (wet, gurgly) during and/or after a meal
- Changes in breathing during or after eating/ drinking

If you answered 'yes' to any of these questions, you should ask for a referral from your physician to see a speech/language pathologist trained in the area of swallowing disorders to evaluate your swallow function. After evaluation, recommendations will be made to ensure safe swallowing. These could include strategies to help with swallowing, changing food and/or liquid consistencies, and/or therapy to help strengthen weakened muscles involved in the swallow process.

