Pulmonary Rehab as Part of Your Care

Your doctor would like you to take part in a Pulmonary Rehab Program to improve your breathing and strength. Work with our doctors and staff to learn about your disease and how exercise can help you feel better.

Locations

- **Center for Wellness and Prevention**
  2050 Kenny Road, Suite 1010
  Columbus, OH 43221
  **614-293-2820**
  Located in the Pavilion of the Martha Morehouse Medical Plaza
  Monday, Wednesday and Friday mornings and afternoons

- **CarePoint East**
  543 Taylor Avenue, Room 3068
  Columbus, OH 43203
  **614-688-6307**
  Located north of University Hospital East.
  Close to I-670
  Monday, Tuesday and Thursday afternoons

What to expect

We will call you to schedule 3 visits:

- **A testing visit:** Blood, breathing and exercise tests are done to check your lungs.
- **An evaluation visit:** A six-minute walk is done to plan program goals for you. You are also seen by a doctor.
- **An orientation group class:** This class is an overview of the program. You also start your exercise plan.

The program lasts 8 weeks, with class 3 times each week. Classes focus on exercise and managing your disease. Your exercise plan includes weight training and aerobic exercise. Morning and afternoon class times are offered. Choose a time that best fits your schedule. Plan 1.5 to 2.5 hours for each class.

Talk to your doctor or health care team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.