

# PULMONARY REHABILITATION SERVICES

## PENN HIGHLANDS BROOKVILLE

100 Hospital Road  
Brookville, PA 15825

### CONTACT US

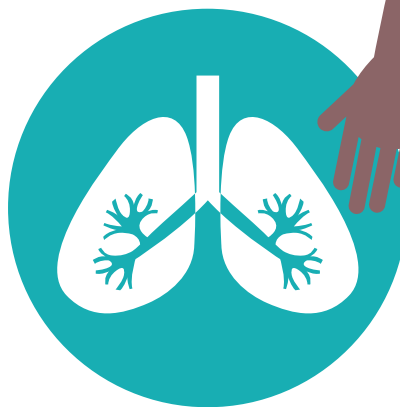
814- 849-1818

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[www.phhealthcare.org](http://www.phhealthcare.org)

# PULMONARY REHABILITATION SERVICES

AT  
PENN  
HIGHLANDS  
BROOKVILLE



MAY 2016

## THE PULMONARY REHABILITATION PROGRAM

The Pulmonary Rehabilitation (Rehab) program at Penn Highlands Brookville is designed to help those with lung disease have a better quality of life. We'll help you:

- Build your strength and stamina
- Reduce the feeling of shortness of breath
- Reduce hospitalizations
- Prepare or recover from surgery
- Greater independence, ability to return to job or other activities of daily living

These are some of the conditions we can treat:

- Chronic Obstructive Pulmonary Disease (COPD)
- Emphysema
- Pulmonary Fibrosis
- Chronic Bronchitis
- Lung cancer
- Recovery from lung surgery or transplant

Clients are usually referred to us by their doctor – either a family doctor, cardiologist or pulmonologist. We will conduct an initial assessment to see how much physical activity the patient can tolerate. Then, we will develop a personalized treatment plan to fit the patient's lifestyle and comfort level.

Our approach is holistic with an emphasis on education and mental conditioning, as well as physical. We offer nutritional support and evaluation of medication and supplemental oxygen. Exercise training is done with supervision and may include physical and occupational therapy. During exercise, we monitor blood pressure, blood oxygen levels

and heart rate. We also work closely with the patient on smoking cessation and stress reduction.

All teaching, testing and exercise conditioning is done by trained specialists in close contact with physicians. Members of our Rehab Team include physicians, certified respiratory therapists, a dietitian and a licensed nursing staff. We are certified by the American Association of CardioVascular Pulmonary Rehabilitation (AACVPR). Crystal Stanford, R.N. is the coordinator of Cardiopulmonary Rehab. She has worked at Brookville for more than 30 years and has been in the Rehab department for two decades.

When patients are discharged from our care, we encourage a continued lifestyle of healthy choices and physical activity. In fact, at Penn Highlands Brookville, we open our Rehab room for Adult Fitness every Tuesday and Thursday, when many of our former patients come back to exercise on their own. The cost for a one-hour visit is \$4.50.

### Location

The Rehabilitation Center  
Penn Highlands Brookville  
2nd Floor Annex Building  
100 Hospital Road  
Brookville, PA 15825

Open weekdays from 8:00 AM to 4:00 PM.  
Patients should wear comfortable clothing and walking shoes.

For more information please call 814-849-1818.