

## Pulmonary Rehabilitation Services

Available 24/7

No

Other Eligibility Criteria

Anyone with chronic lung disease, emphysema asthma, pulmonary fibrosis, lung cancer, or cystic fibrosis

Family

No

Intake Process

Doctor's referral required

Report Problems

Call the Agency

Centra Lynchburg General Hospital

<https://www.centrahealth.com>

Main

(434) 200-3430

1901 Tate Springs Road

24501 VA

United States

Fee Structure

Call for Information

Payment Method(s)

Private Pay

,

Private Insurance

,

Medicaid

,

Medicare

Languages Spoken

English

The Pulmonary Rehabilitation program is designed to help people with lung disease function to their highest capability and to slow down the progression of the disease. The main focus of the program is patient education and monitored exercise conditioning. The pulmonary rehab team is comprised of physicians, nurses, respiratory therapists, dietitians, physical therapists and social services.

The monitored exercise/education sessions meet in the afternoon three times a week in the Stroobants Heart Center. Pulmonary rehab patients have security of exercising in an environment by having their oxygen level monitored by a pulse oximeter.

Education is also an important component of the pulmonary rehab program. The patients are taught breathing techniques to help them feel less short of breath with activities. Energy conservation techniques to help the patient with the activities of daily living, stress management and nutritional guidelines are also given. The pulmonary rehab program also publishes a newsletter.

Service Area(s)

Amherst County

,

Appomattox County

,

Bedford County

,

Buckingham County

,

Campbell County

,

Lynchburg City