

Benefits of the Pulmonary Rehabilitation Program

With its convenient location, free parking, state-of-the-art facilities, and positive and friendly environment, the Pulmonary Rehabilitation Program can assist you in achieving:

- A healthy level of pulmonary fitness
- An increase in your endurance
- An increase in your energy level
- A more active, enjoyable, and healthier lifestyle

Insurance Coverage

Most insurance plans cover the Pulmonary Rehabilitation Program when you have a qualifying diagnosis. Please check with your insurer regarding insurance coverage and if a co-payment is required. To obtain a referral, consult your primary care physician and/or your pulmonologist – and feel free to call us with any questions.

Qualifying Diagnoses for Pulmonary Rehabilitation

- COPD
- Asthma
- Emphysema
- Chronic Bronchitis
- Pulmonary Fibrosis
- Lung Cancer

Directions

From I-95 (north or south), take exit 37B to I-93 north, then follow directions from I-93 below.

From I-93 (north or south) take exit 40 (Route 62). Turn right at end of ramp. The Winchester Hospital Family Medical Center is 1/4 mile on the left.

The Cardiovascular Rehabilitation Program is on the lower level of the building.

Hours of Operation

Monday, Wednesday, Friday: 7:30 a.m. - 3:30 p.m.

Tuesday and Thursday: 9 a.m. - 6 p.m.

Pulmonary Rehabilitation

Family Medical Center

500 Salem Street, Route 62, Wilmington, MA 01887

Phone: 978.988.6131

Fax: 978.988.6172

WinchesterHospital.org



Winchester Hospital

A member of Lahey Health

Pulmonary Rehabilitation Program

A More Active, Vital You

Lung disease can affect your daily life like nothing else. But with caring support, you can get your quality of life back. That is what the Pulmonary Rehabilitation Program can do for you. Under the watchful guidance of our trained experts, you will discover how to improve your pulmonary fitness and overall quality of life – safely and securely.



What to Expect

Our program is customized, and every patient receives an individualized plan, including exercise and education. Many patients participate in pulmonary rehabilitation sessions two to three times per week for up to 36 sessions. Our team works with you to build a treatment plan that will help you to get on the road towards improving your pulmonary health.

A Comprehensive, Tailored Program

Serving patients of Winchester Hospital, Lahey Hospital & Medical Center, and beyond, our Pulmonary Rehabilitation Program is effective because it is truly hands-on:

- It begins with a consultation by our Medical Director/Pulmonologist, if needed, who takes your health condition and medical history into account, as well as your current level of conditioning, to develop exercise guidelines tailored specifically for you.
- Our caring staff monitors your vital signs closely – and provides confidence-building encouragement – as you exercise, with the goal for you to make steady, safe progress.

- We complement the exercise with thoughtful guidance on ways to increase your endurance for the daily activities that matter to you through breathing techniques, management of respiratory symptoms, exercise, stress management, and nutrition.
- Clinicians also provide you with extensive education on helpful topics, such as understanding lung disease, COPD, oxygen use, parameters for safe exercise, and smoking cessation.

Coordinated Support

The Pulmonary Rehabilitation Program is structured to address all your needs. Our experienced team includes a:

- Registered Nurse
- Medical Director/Pulmonologist
- Registered Dietician
- Exercise Physiologist
- Respiratory Therapist