



CLASS DETAILS:

A physician referral is required. Depending on your diagnosis, you may also require a pulmonary function test. We encourage you to ask for these details when you call to register. There may be out-of-pocket costs for the program sessions. It's recommended you call your insurance company and ask if "outpatient respiratory therapy/pulmonary rehabilitation" is covered by your policy.



ALLINA HEALTH

Pulmonary Rehabilitation Program



Pulmonary rehabilitation is a service designed for those who experience lung problems such as:

- asthma
- bronchiectasis
- chronic bronchitis
- Chronic Obstructive Pulmonary Disease (COPD)
- emphysema
- interstitial lung disease
- lung cancer and lung cancer surgery
- lung volume reduction surgery before and after lung transplant
- pulmonary fibrosis
- pulmonary hypertension
- sarcoidosis.

Educational topics include:

- medications, including drug interaction, using an inhaler and self-care techniques
- understanding and using oxygen therapy
- diet, nutrition and weight management
- breathing retraining and strategies for managing breathing problems
- importance of exercise
- symptom assessment and knowledge about when to seek medical treatment
- community resources
- stress management.

Benefits include:

- develop a self-management strategy, including tools to better manage anxiety and depression
- promote behavioral change in everyday life
- decrease symptoms of disease
- promote ability to function better in daily life
- help increase ability to exercise
- promote smoking cessation and good nutrition
- help prevent hospital readmissions.

Find a pulmonary rehabilitation program near you:

Location:	Program length:	Sessions per week:	For more information call:
Buffalo, MN - Buffalo Hospital 303 Catlin St. Buffalo, MN 55313	6 weeks	2	763-236-3047
Cambridge, MN - Cambridge Medical Center 701 Dellwood St. Cambridge, MN 55008	6 weeks	2	763-688-6373
Coon Rapids, MN - Mercy Hospital 4050 Coon Rapids Blvd. Coon Rapids, MN 55433	6 weeks	2	763-236-6867
Faribault, MN - District One Hospital 200 State Ave. Faribault, MN 55021	Varies	3	507-332-4832
Fridley, MN - Mercy Hospital-Unity Campus 550 Osborne Rd. Fridley, MN 55432	6 weeks	2	763-236-3047
Hastings, MN - Regina Hospital 1175 Nininger Rd. Hastings, MN 55033	Varies	2	651-404-1293
Minneapolis, MN - Abbott Northwestern Hospital 913 E 26th St. Piper Building, Suite 306 Minneapolis, MN 55407	6 weeks	2	612-863-2255
New Ulm, MN - New Ulm Medical Center 1324 Fifth St. N New Ulm, MN 56073	8 weeks	2	507-217-5956
Owatonna, MN - Owatonna Hospital 2250 NW 26th Street Owatonna, MN 55060	8 weeks	2	507-977-2190
River Falls, WI - River Falls Area Hospital 1629 E Division St. River Falls, WI 54022	8 weeks	2	715-307-6050
Shakopee, MN - St. Francis Regional Medical Center 1455 St. Francis Avenue Shakopee, MN 55379	6-18 weeks	2	952-428-2377
St. Paul, MN - United Hospital 362 Walnut St. St. Paul, MN 55102	8 weeks	2	651-241-8004