



## Getting Involved

Enrollment in Aultman Pulmonary Rehabilitation is by physician referral. You may need to have a pulmonary function test to qualify for the program. Your doctor can send a referral to any of the locations below to get you started on your way to improved lung health.

To learn more, please call the location nearest you.

## Locations

### **Aultman Hospital**

2600 Sixth St. SW  
Canton, Ohio 44710  
330-363-5403

### **Aultman Alliance Community Hospital**

200 East State St.  
Alliance, Ohio 44601  
330-829-8677

### **Aultman Orrville Hospital**

832 South Main St.  
Orrville, Ohio 44667  
330-684-4702



## Caring for people with lung disease

PULMONARY REHAB





## Education

Our comprehensive teaching program will help you learn about your lung disease and how to care for yourself. Classes are held weekly, and topics include:

- Breathing techniques
- Cognitive functioning
- Exercise principles
- Lung disease
- Recognizing problems and treating symptoms
- Nutrition
- Medications
- Travel tips
- Stress management
- Relaxation techniques

## Exercise

Classes are held twice weekly to help you learn how to exercise safely and improve your stamina. You will receive:

- A variety of group exercise programs
- Home exercise recommendations
- Coaching on breathing exercises, stretching and weight training for strengthening muscles

## Adult Wellness

Our Adult Wellness program offers continued support and structure to help maintain healthy habits and physical fitness. Some insurances may offer reimbursement for Adult Wellness. Contact the location nearest you for cost and to set up an orientation appointment.

- Engaging monthly challenges
- Medical supervision of your exercise routine
- Fun and enjoyment with other people who have conditions similar to your own

## Pulmonary Rehabilitation

Aultman Hospital offers pulmonary rehabilitation (rehab) to help patients with lung disease feel better and improve their quality of life. Our program includes exercise and education, so you can learn ways to do activities with less shortness of breath and fatigue.

You can benefit from pulmonary rehab if you have:

- Lung disease such as emphysema, COPD, chronic bronchitis, asthma, restrictive lung disease, pulmonary fibrosis, pulmonary hypertension or lung cancer.
- Had a lobectomy, pneumonectomy (lung removal), lung transplant or lung reduction surgery.
- Ongoing respiratory issues from a COVID-19 infection.

Pulmonary rehab can help you feel better and improve your quality of life.