



# McLeod Pulmonary Rehabilitation

## What is Pulmonary Rehabilitation?

McLeod Pulmonary Rehabilitation provides comprehensive care to pulmonary patients through exercise and education. Patients work with a team of health care professionals including a Pulmonologist, Respiratory Therapist, Exercise Physiologist and Registered Nurses to meet their individual goals and needs.

### Benefits of Cardiac Rehabilitation:

- ✓ Increased independence
- ✓ Improved breathing and endurance
- ✓ Increased knowledge of condition
- ✓ Improved quality of life
- ✓ Fewer days in hospital
- ✓ Reduced anxiety and depression associated with COPD and other respiratory diseases.

## Phases of Pulmonary Rehabilitation

**Phase 2** is an outpatient program meeting twice a week for 36 visits. Medicare and most private insurance companies will cover a portion, or all charges, for approved diagnoses.

### Education Sessions as Part of Phase 2 include:

- Nutrition
- Breathing Techniques
- Benefits of Exercise
- Restrictive and Obstructive Disease
- Energy Conservation

**Phase 3** is a self-pay, affordably priced maintenance exercise program that lasts up to five months.

## Is Pulmonary Rehabilitation right for Me?

Pulmonary Rehabilitation helps patients with pulmonary diseases such as:

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

*\* A referral from a physician is required for admission to the program.*

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## Locations

### **McLeod Regional Medical Center**

#### **McLeod Health & Fitness Center**

2437 Willwood Drive  
Florence, SC 29501  
843-777-3080

### **McLeod Health Clarendon**

Cypress Center Suite 5  
50 E. Hospital Street  
Manning, SC 29102  
803-435-5203

### **McLeod Health Cheraw**

711 Chesterfield Highway  
Cheraw, SC 29520  
843-320-3378

### **McLeod Health Dillon**

301 E. Jackson Street  
Dillon, SC 29569  
843-487-1541

### **McLeod Seacoast**

4000 Hwy. 9 East  
Little River, SC 29566  
843-390-8250

# **McLeod Health**