

Pulmonary Rehabilitation Services

You Can Breathe Easier





We're here to help

Breathing is an essential part of life that most people simply take for granted. However, if you're one of the millions of Americans dealing with a lung-related disease or transplant, each breath can often be a struggle. We can help.

The Pulmonary Rehabilitation team at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital can help you manage a variety of pulmonary diseases, including:

Asthma

Bronchiectasis

Chronic bronchitis

Chronic obstructive pulmonary disease (COPD)

Emphysema

Pulmonary fibrosis

Pulmonary hypertension

Sarcoidosis

At Northwestern Medicine, we offer medical management, education, emotional support, exercise, breathing retraining and nutrition counseling to maximize your breathing capacity and improve your quality of life.

Getting started with rehabilitation

Getting the help, guidance and compassionate care you need all begins with a physician's referral to Northwestern Medicine Pulmonary Rehabilitation. Our rehabilitation services are offered on an outpatient basis. During your initial visit to one of our pulmonary rehabilitation offices, you will meet with a respiratory therapist.

The therapist will discuss your condition with you and work to develop realistic goals along with a plan for therapy that's customized to fit your specific needs. During your visit, you'll also undergo a few simple tests to evaluate your overall physical condition.

Once your tests and therapy plan are completed, you will next meet with an experienced member of our pulmonary rehabilitation team (i.e. nurse, exercise physiologist, dietician*) who will help you put your plan in motion. It may include:

Physical reconditioning

Breathing retraining

Learning energy conservation for daily activities

Effective coughing techniques

Nutrition therapy and dietary counseling

Medication education

Relaxation techniques

Oxygen monitoring and training

A program tailored for you

Our team will design a pulmonary rehabilitation program that's unique to you. However, portions of it may also include group sessions involving activities such as exercise. Group sessions typically meet two to three times per week at varying times of the day.

*In the spirit of keeping you well-informed, some of the physician(s) and/or individual(s) identified, are neither agents nor employees of Northwestern Memorial HealthCare or any of its affiliates. They have selected our facilities as places where they want to treat and care for their private patients.

During exercise sessions, our staff will monitor your blood pressure, heart rate and oxygen saturation. You can expect activities to include bicycle riding, treadmill walking, rowing, recumbent stepping and upper arm work such as light weights, wall pulleys and therabands.

Your therapy program can last up to 12 weeks, depending upon your progress. All activities will be supervised by therapists certified in cardiopulmonary resuscitation (CPR) and advanced cardiac life support techniques.

Your program's benefits include:

Reduced symptoms

Improved independence through self-management

Increased strength and endurance

Increased activity levels

Healthier lifestyle

Improved emotional well-being

Supportive environment

Potential prevention of infections, complications and hospitalization

Dietary counseling

Note: In most cases, pulmonary rehabilitation programs are covered by medical insurance. But before starting a program, be sure to check with your insurance provider to determine if there are any limitations.



Your pulmonary rehabilitation goals

The goals of pulmonary rehabilitation are to help you assume greater control over the way you feel and the way you live. To help you achieve those goals, our team will work with you throughout your program to:

Decrease your respiratory symptoms and complications

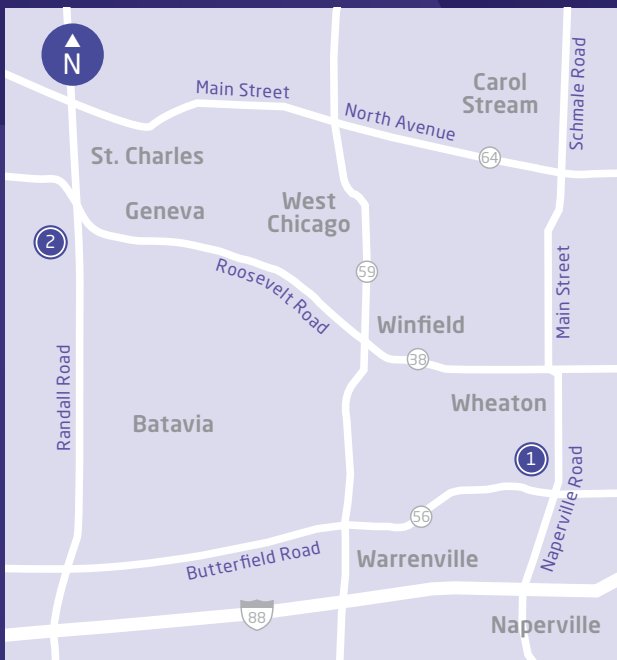
Encourage self-management and control of your daily functions

Improve your physical conditioning and exercise routine

Improve your emotional well-being

Reduce your hospitalizations

The reconditioning, education and training techniques offered by Northwestern Medicine Pulmonary Rehabilitation Services are designed to help you make lifestyle changes that can improve your breathing and your quality of life.



Pulmonary Rehabilitation Services Locations

1 Northwestern Medicine Medical Offices
 7 Blanchard Circle
 Suite LLA (lower level)
 Wheaton

630.681.5521

Monday, Wednesday,
 Friday
 7:30 am-6:00 pm

Tuesday, Thursday
 7:00 am-3:30 pm

2 Northwestern Medicine Office Building
 351 Delnor Drive
 Suite 104
 Geneva

630.938.6400

Monday, Wednesday,
 Friday
 7:00 am-5:30 pm

Tuesday, Thursday
 8:00 am-1:00 pm

TTY for the hearing impaired 630.933.4833



Northwestern Medicine Central DuPage Hospital

25 North Winfield Road
Winfield, Illinois 60190
630.681.5521

Northwestern Medicine Delnor Hospital

300 Randall Road
Geneva, Illinois 60134
630.938.6400

TTY for the hearing impaired 630.933.4833

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