**Pulmonary Rehab Landing Page**

HEADLINE: Pulmonary Rehabilitation

COPY: If you, or someone you love, is living with a chronic lung disease or other conditions impacting your ability to breathe, pulmonary rehabilitation can help you catch your breath and reclaim your quality of life. Our skilled rehabilitation teams individualize plans to help patients improve lung function, reduce symptom severity and regain a happier, healthier quality of life.

SUBHEAD: What is pulmonary rehabilitation?

COPY: Pulmonary rehabilitation is a comprehensive education and exercise program customized to each patient's needs and abilities. Pulmonary rehab includes:

* Exercise and strength training
* Diet and nutrition counseling
* Health education
* Breathing techniques
* Emotional support

SUBHEAD: Who needs pulmonary rehab?

COPY: Primary care providers may recommend pulmonary rehabilitation centers for patients living with chronic lung disease or other conditions that impact breathing and limit their activity levels and overall quality of life. Pulmonary rehab helps patients with conditions including:

* Asthma
* Chronic obstructive pulmonary disease (COPD)
* Difficulty breathing
* Emphysema
* Post-COVID lung damage
* Respiratory issues
* Chronic bronchitis
* Cystic fibrosis
* Heart conditions that cause breathing problems

SUBHEAD: Expert teams working together to help patients meet goals

COPY: Pulmonary rehabilitation teams include respiratory therapists, nurses, dieticians, social workers, providers and other specialists working together to personalize programs to help patients:

* Improve and manage shortness of breath
* Regain strength and independence and improve overall quality of life
* Improve their ability to do everyday activities like getting the mail, housework or spending time with family

Talk to your primary care provider to see if pulmonary rehabilitation is right for you. To learn more about the program, call <**add phone number here**>.

Additional SEO keywords:

* pulmonary rehabilitation exercises
* pulmonary rehabilitation near me
* pulmonary rehabilitation copd
* pulmonary therapy near me
* components of pulmonary rehabilitation
* problems breathing