

## **St. Joseph Rehab Outpatient Physical Therapy Lung Program**

**The Physical Therapy Lung Program** is designed to improve endurance for functional activities of daily living, self care and ambulation. The program consists of Physical Therapy exercise treatment for 30-60 minutes including:

- breathing exercises,
- patient and family education including Energy Conservation and Body Mechanics
- stretching/warm-up exercises,
- conditioning: Treadmill, UBE, Stationary bike
- home program

Monitoring includes HR, BP, pO<sub>2</sub> (Oxygen administered when pO<sub>2</sub><87 unless otherwise prescribed by MD), perceived exertion using modified BORG scale

The current hours of operation are from 7:00 – 5:00 Monday through Friday. The department has two locations: the Providence Building, Suite 203 and the Cancer Center Medical Office Building, Suite 675. A typical treatment protocol is 3 times per week for 3-4 weeks. The initial session involves completing registration information, evaluations and light exercise. The patient will need to wear or bring comfortable clothing and shoes for walking on a treadmill and portable oxygen if this is used normally.

### **Lung Program Patient Types:**

1. Post-Op Pulmonary patients. Most of these patients have undergone a VATS procedure for possible or diagnosed cancerous nodules. The patient receives a breathing treatment from a RT prior to exercise. The primary goal is for the patient to return to 30 mins of community ambulation without limitations. The patient may also be undergoing chemo or radiation treatments.

2. Compromised respiratory status/Chronic Lung conditions i.e. COPD. Physical Therapy diagnosis can include:

- General Muscle weakness ICD9: 728.87
- Abnormal posture ICD9: 7781.92
- Difficulty Walking ICD9: 719.

These patients receive the exercise and education with a home program and RT as needed.

The Physical Rehabilitation department is contracted with most PPO and HMO plans, Workman's Comp Carriers, Medical, MSI, and Medicare and is not subject to the Medicare cap. Referrals can be made by calling 714-771-8222 or faxing a prescription (enclosed) to 714-744-8554. Please do not hesitate to contact me with any questions. I would welcome the opportunity for a personal meeting with you and your staff. Thank you for your consideration and we look forward to working with you and your patients.

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