

Personalized, Caring Attention for Each Patient

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Internal Medicine, 2011,
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BOARD CERTIFICATION:

American Board of Pulmonary
Disease, 2014



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Master of Physician Asst.
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CERTIFICATION:

National Commission on Certification
of Physician Assistants, 2019



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Internal Medicine, 2010,
University of
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BOARD CERTIFICATION:

American Board of Internal Medicine,
2010, Recertified, 2020

CERTIFICATION:

Pulmonary Disease, 2012



For more information, please call the
Pulmonary Care Department at **608.364.5191**.



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M500/23



Pulmonary Rehab Program

Pulmonary Rehabilitation is a program that teaches you to live and breathe better with chronic lung disease. The damage done rarely can be fixed from chronic lung disease but that doesn't mean endurance, muscle strength, and quality of life cannot be improved. The program includes both exercise and education.

The exercise portion of the class is typically one hour long and includes 12-24 sessions. The class sizes are small (2-4 patients per class). This allows for each patient to individually receive a program tailored to their needs and abilities.

Education Topics Covered:

- Respiratory Anatomy
- Chronic Lung Disease
- Infection Control
- Diet
- Respiratory Medications

In addition to working with our Rehabilitation Respiratory Therapists, this includes a team of physical therapists, dietitians, social workers, occupational therapists, and pharmacists as needed.

The program consists of up to three phases.

Phase ①

This is the information gathering portion and will be completed by the Pulmonary Rehabilitation Therapist. It includes a referral from your physician, completed pulmonary function testing, and supporting documentation.

Appointments can be made with one of our board certified pulmonologists at 608.364.2400.

Each patient is responsible for verifying insurance coverage, this includes any extra copays and/or deductibles.

Phase ②

This portion of the program includes 12-24 sessions of guided exercise plus education. All exercise is completed at Beloit Memorial Hospital's Cardiopulmonary Rehabilitation gym on Tuesday and Thursday, located on the hospital's fourth floor. Numerous class times are offered. The Pulmonary Rehabilitation Therapists try their best to meet each patient's individual needs.

Phase ③

One to two months of independent exercise at Beloit Memorial Hospital's Cardiopulmonary Rehabilitation gym on Tuesday and Thursday. This portion of the program is optional.

After completing Phase 3, exercise options are available at the following locations:

NorthPointe Health and Wellness Campus
5605 E. Rockton Road, Roscoe, Illinois

Occupational Health and Sports Medicine Center, 1650 Lee Lane, Beloit, Wisconsin

