A physician’s referral is required for admission into the program. The program is covered by most insurance plans.

For further information or assistance please contact:
Pulmonary Rehabilitation Program
Hartford Hospital
80 Seymour Street
Hartford, CT 06102

phone 860.972.3637  
fax 860.545.3406
What is Pulmonary Rehabilitation?
The AACVPR Accredited Pulmonary Rehabilitation Program is a ten week course that meets twice a week, designed to provide comprehensive care to individuals with pulmonary disease. Once enrolled in the program, you will work with a multidisciplinary team of pulmonary rehabilitation specialists who will tailor the program to meet your specific needs.

Exercise sessions will be designed to meet your individual needs and goals. Your medical status and progress will be monitored and evaluated.

Educational sessions include:
- proper breathing techniques
- the role of medications
- energy conservation
- proper nutrition
- stress management

...as well as other sessions designed to help you better manage your life.

Who should attend Pulmonary Rehabilitation?
The comprehensive program is designed for patients with pulmonary diseases such as emphysema, asthma, chronic bronchitis, fibrosis and others...

- whose shortness of breath compromises their lifestyle
- who want to learn more about their disease and ways to manage it
- who want to learn techniques to improve their breathing
- who want to attain the highest level of independent function

Through breathing retraining, regular exercise and proper nutrition most participants have significantly improved their quality of life.

What are the Benefits of Pulmonary Rehabilitation?
For many graduates, the program has been able to help:

- Control and alleviate symptoms
- Increase exercise tolerance
- Decrease anxiety and depression commonly associated with pulmonary disease
- Learn more about their disease
- Feel better about themselves