

Pulmonary Rehabilitation Services

Rex Healthcare

4420 Lake Boone Trail, Raleigh, NC 27607
919.784.3756

- Participation requires a physician referral
- Lasts 20-30 sessions, depending on patient's condition and physician recommendation
- Following initial evaluation, exercise sessions are three times a week
- Educational sessions provided on proper breathing techniques and relaxation
- Nutritional Counseling
- Program is billed on a per-service basis (accepts most major medical insurances)

Rex Pulmonary Services offers the following classes and resources to educate the public about complete pulmonary disease management:

- Comprehensive asthma education and disease management
- COPD education and disease management (breathing re-training, secretion management, and disease understanding)
- Better Breather's Club. This club meets the second Tuesday of each month and is free to the public.
- Pulmonary Function Testing is available 7:00 – 3:00 p.m. Monday through Friday by appointment.

Duke Health Raleigh Hospital

3400 Wake Forest Road
Raleigh, NC 27609
919.954.3000

Duke Health Pulmonary Rehabilitation is designed to assist patients with the following:

- Self-management of lung disease
- Building strength and endurance
- Nutritional education
- Development of a customized plan for each patient
- Supervised Exercise program
- Psychosocial support
- Medication management
- Holistic approach
- Smoking Cessation counseling/education

Johnston Medical Center

Cardipulmonary Rehabilitation Program

P.O. Box 1376

Smithfield, NC 27577

919.938-7127

Components of Johnston Medical Center include:

- Physician referral
- Patient assessment
- Exercise Training
- Education/Counseling
- Facilitation of a life-long commitment to exercise and other heart healthy lifestyle changes
- Program meets Mondays, Wednesdays, and Fridays at various class times.
- Each class typically last 60 minutes
- Program designed to last three months or 36 classes

- Participants are required to have an attendance rate of 85% or more. Failure to do so may result in a discharge from the program.