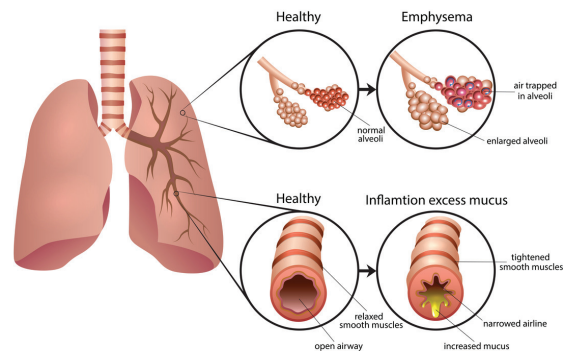


Come home.
Get better.
Live well.

Pulmonary Rehabilitation




Unique Health Care Solutions offers a personalized pulmonary plan of care for patients with chronic lung conditions.

A customized plan of care helps to prevent flare-ups and unnecessary ER visits and hospitalizations. Our home health team uses a multidisciplinary approach of nursing care and therapy.



Our Pulmonary Program includes:

-  **Monitoring Symptoms**
Fluid retentions, shortness of breath, pulse ox, spirometer
-  **Oxygen Therapy**
-  **Medication Management**
Inhalers, bronchodilators, oral steroids, antibiotics
-  **Breathing Techniques**
Cough and deep breathing
-  **Smoking Cessation**

-  **Physical and Occupational Therapies**
Reducing amount of breathlessness (dyspnea), implementing exercise regimen to strengthen the pulmonary system, build muscle strength and endurance
-  **Nutrition and Diet**
Work with your Physician's plan of care, tips for a healthy diet
-  **Education**
When to notify a physician, common triggers, how to manage and reduce flare-ups and hospitalizations