

### Our Staff

The Medical Director is a Board Certified  
Pulmonary Specialist.  
A Physical Therapist.  
A Licensed Master Social Worker.  
A Respiratory Therapist.

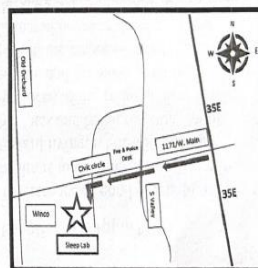
### Other Services:

- ☆ Sleep Apnea Lab
- ☆ Physical Therapy
- ☆ Psycho/Social Services

## PULMONARY

### Freedom Rehab Specialties

*A Wellness Facility*



1288 W. Main Street # 200  
Lewisville, Texas 75067  
Phone 972-221-1212  
Fax 972-221-8252

### Who benefits from Pulmonary Rehabilitation?

Persons with Chronic Obstructive Pulmonary Disease (COPD). Patients with severe disease, such as Chronic Bronchitis, Emphysema and Asthma. COPD can lead to a loss of motivation to perform everyday activities such as walking, shopping, getting dressed, visiting friends, going to church, or enjoying a hobby.

### Education

The key to this program is helping patients and families understand the disease and what can be done to help the patient. Through our educational program, a patient's fear and anxiety can be lessened. The patient can be less dependent on others. Understanding the changes COPD causes often makes it easier to cope and live with the disease. In pulmonary rehabilitation, all medical aspects of a patient's care are integrated with daily living such as exercise capacity, stress management and nutrition. A team of healthcare professionals will address each of these areas in our program.

### Exercise

A gradual and comfortable progression of exercises will be designed to help each patient reach their highest potential. The exercise training includes breathing exercises, walking and utilizing exercise equipment in a supervised setting.

### Emotional Support

The essence of good psychological health is to maintain a positive attitude toward living, while still knowing the facts and being realistic. While the focus of our program is to restore and promote better lung health, the responsibility for this is shared between the patient and the staff. We emphasize the rehabilitation plan, not only to make decisions about their lung health, but also to increase their pride and self-esteem throughout the program and after they graduate!

### Coverage

This is a medically directed program ordered by your physician. Pulmonary Rehab services are covered by Medicare and most insurance plans. For additional information please call 972-221-1212.