



McLeod Pulmonary Rehabilitation

What is Pulmonary Rehabilitation?

McLeod Pulmonary Rehabilitation provides comprehensive care to pulmonary patients through exercise and education. Patients work with a team of health care professionals including a Pulmonologist, Respiratory Therapist, Exercise Physiologist and Registered Nurses to meet their individual goals and needs.

Benefits of Cardiac Rehabilitation:

- ✓ Increased independence
- ✓ Improved breathing and endurance
- ✓ Increased knowledge of condition
- ✓ Improved quality of life
- ✓ Fewer days in hospital
- ✓ Reduced anxiety and depression associated with COPD and other respiratory diseases.

Phases of Pulmonary Rehabilitation

Phase 2 is an outpatient program meeting twice a week for 36 visits. Medicare and most private insurance companies will cover a portion, or all charges, for approved diagnoses.

Education Sessions as Part of Phase 2 include:

- Nutrition
- Breathing Techniques
- Benefits of Exercise
- Restrictive and Obstructive Disease
- Energy Conservation

Phase 3 is a self-pay, affordably priced maintenance exercise program that lasts up to five months.

Is Pulmonary Rehabilitation Right for Me?

Pulmonary Rehabilitation helps patients with pulmonary diseases such as:

- Asthma
- Chronic Bronchitis
- Emphysema
- Pulmonary Fibrosis
- COPD
- Pulmonary Hypertension
- Sarcoidosis
- Lung Cancer

** A referral from a physician is required for admission to the program.*

McLeod Pulmonary Rehabilitation

Locations

McLeod Regional Medical Center

McLeod Health & Fitness Center

2437 Willwood Drive
Florence, SC 29501
843-777-3080

McLeod Health Cheraw

711 Chesterfield Highway
Cheraw, SC 29520
843-320-3378

McLeod Health Dillon

301 E. Jackson Street
Dillon, SC 29569
843-487-1541

McLeod Seacoast

4000 Hwy. 9 East
Little River, SC 29566
843-390-8250

McLeod Health