

## Location

Heritage Valley Kennedy  
25 Heckel Road, *First Floor*  
Kennedy Township, PA 15136

Call 412-777-6470 to speak directly to  
someone at the Pulmonary Rehabilitation  
Center.

Visit us online at:  
[heritagevalley.org/services/cardiac-pulmonary-rehab/](http://heritagevalley.org/services/cardiac-pulmonary-rehab/)

[www.heritagevalley.org](http://www.heritagevalley.org)  
Download our App  

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# Pulmonary Rehabilitation Center

at Heritage Valley Kennedy



Uniquely Connected. For Life.<sup>SM</sup>  
**HERITAGE VALLEY**  
HEALTH SYSTEM

Heritage Valley Kennedy's Pulmonary Rehabilitation Center is designed to promote wellness for those suffering with chronic and acute respiratory conditions. Our specialized team will help you physically and mentally breathe more easily with one-on-one treatment and care.

## **Pulmonary & Critical Care Services**

Our Pulmonary and Critical Care Specialists provide comprehensive consultative diagnostic and therapeutic services for patients with a range of respiratory conditions. These include:

- Chronic Obstructive Pulmonary Disease (COPD)
- Emphysema
- Bronchitis
- Asthma
- Pulmonary Fibrosis
- Pulmonary Hypertension
- Pre/post Lung Transplantation
- Sarcoidosis
- Environmental Lung Disease
- Other Respiratory Ailments

## **Just Ask Your Doctor**

A preliminary screening will determine whether our program is right for you. If you have COPD, chronic bronchitis, chronic lung conditions, or other respiratory ailments, just ask your doctor to refer you. Our patient coordinator will assist you with the appropriate steps to become part of our pulmonary program.

## **What We Do**

The program involves one-on-one individualized treatments that focus on physical conditioning, breathing re-training, education and lifestyle management. The program is covered by most insurance carriers.

## **Program Benefits**

The program is designed to stabilize the effects of your respiratory disease.

### **You can expect:**

- Improved quality of life
- Increased overall functional endurance
- Improved physical conditioning
- Increased independence
- Fewer hospital admissions
- Greater understanding and overall management of the disease process
- Successful coping strategies

## **It's Time to Shape Up**

The Pulmonary Rehabilitation Center's respiratory and occupational therapists will help you increase your functional strength and endurance, while providing constant monitoring of your vital signs and pulse oximetry to ensure the highest level of care. Since we know that living with a chronic respiratory disease can be just as tough on your mind as it is on your body, our team will offer the appropriate emotional support.

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