



Think Possible

**Gaylord Specialty Healthcare** is a rehabilitation-focused, nonprofit health system that provides inpatient and outpatient care for people at every point in their journey from illness or injury to maximum recovery. **Gaylord Specialty Healthcare** is anchored by **Gaylord Hospital**, a long-term acute care hospital, and includes **Gaylord Outpatient Services** and **Gaylord Physical Therapy**. Together, we deliver a complete continuum of rehab care driven by technology, research, clinical experience, and compassion.



50 Gaylord Farm Road, Wallingford CT 06492  
gaylord.org

**Gaylord Outpatient Pulmonary Rehabilitation**  
Appointments: (203) 741-3351  
Fax: (203) 741-3305



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## ABOUT Gaylord Outpatient Services

Our Outpatient Services include **treatment for a wide range of medical and neurological conditions** including:

- Spinal cord injuries and illness
- Brain injuries, concussions and stroke
- Acute/chronic pain
- Sports injuries
- Pulmonary conditions
- Amputations
- Prosthetic and orthotic assessment
- Parkinson's
- Multiple Sclerosis
- ALS
- Guillain-Barré Syndrome
- Vestibular disorders
- Wheelchair usage/assessment

We are located on a 400-acre campus, with facilities such as an **aquatic therapy center**, a 12,500 square foot **therapy gym**, and the **largest adaptive sports program in the state**.

## WHY Gaylord?

### PULMONARY REHAB SATISFACTION



**99%**  
Satisfaction with the education program

**95.5%**  
Satisfaction with the exercise program



Participants who successfully completed the program, on average, **walked 168 feet further** during their post-test 6 minute walk

FY2020 Gaylord Patient Satisfaction Survey 4's & 5's





## EXPERTS IN Pulmonary Rehabilitation

The Pulmonary Rehabilitation Program is led by **respiratory therapists** who provide rehabilitation for those who have chronic pulmonary disease. Education is provided for patients and their families. The program's professional, credentialed team members develop a **customized plan for each patient that enhances quality of life.**

Gaylord's pulmonary rehabilitation team is overseen by our **program medical director, a board-certified pulmonologist**, with decades of experience.

Gaylord's program meets twice weekly for nine weeks to develop a **personalized exercise and education plan.** Participants are monitored and provided with specialized exercise guidance during all exercise sessions. Patients work on endurance training using fitness equipment including a stationary bicycle, arm ergometers, a treadmill, step trainer and strengthening equipment.

## EDUCATION Topics

- Lung Anatomy and Disease
- Breathing Retraining
- Oxygen Therapy/Traveling with Oxygen
- Activities of Daily Living (ADLs)
- Signs and Symptoms of Infection
- Psychosocial and Stress Management
- Medications and Nutrition concerns

## GOALS

- Increase energy, strength, endurance, exercise tolerance and ability to perform ADLs
- Better understanding of medication and oxygen
- Reduce the need for ER visits or hospital stays
- Reduce shortness of breath and anxiety
- Create a personalized plan to help maintain overall health and wellness despite lung damage
- Feel stronger and more independent
- Improve self-reliance and enjoy everyday life again

[gaylord.org](http://gaylord.org)

## Gaylord Pulmonary Rehab IN ACTION

Every patient is unique. The pulmonary rehab team works to provide resources that best suit each patient for **optimal outcomes.** Lung disease affects individuals of all ages due to environmental and occupational exposures, smoking or second-hand smoke, and hereditary factors.

**Education is a pivotal part of the program** and may include one-to-one teaching or group classes. Participants will learn about a variety of topics to help improve the day-to-day management of living with chronic lung disease.

**Appropriate participants include those with:**

Asthma	Pre/post-lung surgery
Chronic bronchitis	Pre/post-lung transplant
Emphysema	Pulmonary fibrosis
Lung cancer	Restrictive lung disease
Post-COVID	Sarcoidosis

*Many graduates return to exercise with their peers by taking advantage of our Alumni Program.*



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Gaylord's Outpatient Pulmonary Rehabilitation Program is proud to be accredited by the **American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).**

Gaylord is registered as a provider with the **American Lung Association (ALA).**

Gaylord is a host site of **the Better Breathers Club**, a support group for people with chronic respiratory disease.