





Think Possible

Gaylord Specialty Healthcare is a rehabilitationfocused, 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.



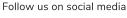
50 Gaylord Farm Road, Wallingford CT 06492 gaylord.org

Gaylord Outpatient Pulmonary Rehabilitation

Appointments: (203) 741-3351 Fax: (203) 741-3305













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 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 dayto-day management of living with chronic lunch disease.

Appropriate participants include those with:

Asthma Pre/post-lung surgery

Chronic bronchitis Pre/post-lung transplant

Pulmonary fibrosis Emphysema

Restrictive lung disease Lung cancer

Post-COVID Sarcoidosis

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







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.