Pulmonary rehabilitation

Your key to optimal lung health through education and exercise

Inova's pulmonary rehabilitation program is a lifestyle management and behavior change program designed for individuals with lung disease. The program is offered at convenient locations throughout Northern Virginia.

Who can participate?

Many individuals with a pulmonary diagnosis or lung disease can enroll. Examples include: asthma, chronic bronchitis, chronic obstructive pulmonary disease (COPD), COVID-19, cystic fibrosis, endobronchial valve placement, emphysema, interstitial lung disease, lung cancer, lung transplant (before and after), pulmonary fibrosis and other pulmonary or lung diseases.

Pulmonary rehabilitation

Our clinical teams will develop an individualized education and exercise program for you based on a clinical assessment of your diagnosis, risk factors and knowledge level.

Our onsite programs are located at Inova Alexandria, Inova Fairfax, Inova Loudoun and Inova Mount Vernon hospitals. You will receive individualized care to develop and assess your exercise progression, clinical condition and educational needs.

As a participant in pulmonary rehabilitation, you will learn breathing techniques, safe exercise progression and planning, lung infection prevention, nutrition planning, management of stress and anxiety, healthy sleep habits, oxygen therapy devices and support, medication guidelines and tips to help you manage your lung disease.

Pulmonary rehabilitation disease management program

This program is a self-pay option for people who may not have insurance benefits that offer coverage for pulmonary rehabilitation. These sessions and educational opportunities are offered in the same format as that of our pulmonary rehabilitation program. The cost of this program is $300 for 12 sessions or $600 for 24 sessions.

Pulmonary wellness program

Pulmonary wellness is a bridge program for individuals who have completed the initial, comprehensive pulmonary rehabilitation program and want to continue to exercise independently with some clinical supervision. This program provides a supportive environment for continued pulmonary wellness efforts. The cost of this program is $300 for 12 sessions or $600 for 24 sessions. This program is currently offered at our Inova Alexandria, Fairfax and Loudoun campuses.

What are the benefits of pulmonary rehabilitation?

- Reduced shortness of breath
- Improved quality of life
- Improved strength and endurance
- Improved control of breathing
- Improved self-confidence and well-being
- Improved sleep patterns
- Support for improved nutritional intake
- Decreased hospitalizations

Your healthcare team

Our pulmonary rehabilitation teams consist of experienced healthcare professionals including:

- Respiratory therapists
- Exercise physiologists
- Registered dietitians
- Registered nurses
- Physical therapists

The clinical team offers a complete and personalized heart disease management program for you. The team will keep your providers informed of your progress and any clinical needs as they arise.

Education

Inova offers educational opportunities to patients enrolled in the pulmonary rehabilitation program. Educational offerings vary by location. Seminar topics may include:

- Your lungs and how they work
- Exercise and your lungs
- Medication and lung health
- Healthy eating guidelines
- Stress management

Fees and insurance

Most insurance plans cover much of the cost of pulmonary rehabilitation. However, the amount covered varies across insurance companies.

We encourage you to contact your insurance company for details about your plan's coverage for pulmonary rehabilitation. Our team will verify your benefits and inform you of your financial responsibility before you start our program.

How can I enroll?

If you are interested in learning more about our pulmonary rehabilitation program, please call **571.472.3070**. A physician's referral is required to enroll in the program.

Our locations

Inova offers pulmonary rehabilitation at convenient locations throughout Northern Virginia. For more information, or to schedule an appointment, call **571.472.3070**.

Inova Alexandria Hospital – Ralph and Sara Lee Siegel Cardiopulmonary Rehabilitation Center

4320 Seminary Rd.
Alexandria, VA 22304

Inova Fairfax Medical Campus

3300 Gallows Rd.
Falls Church, VA 22042

Inova Loudoun Hospital – Schaufeld Family Heart Center

44045 Riverside Pkwy., 1st floor
Leesburg, VA 20176

Inova Mount Vernon Hospital

2501 Parkers Ln.
Alexandria, VA 22306

You can help

As a nonprofit organization, our commitment to world–class care is made possible through the generous support of donors in the community. For more information on how you can support Inova's commitment to providing world–class medical care, please call the Inova Health Foundation at **703.289.2072**.

Scan the QR code or visit Inova.org/PulmonaryRehab for more information about our Pulmonary Rehabilitation Program

Inova.org