

Testimonial

"I spent six weeks in a Las Cruces hospital recovering from COVID-19. My doctor wanted me to get pulmonary rehab in Cruces, but I did not want to drive back and forth. I heard about the pulmonary rehab program in Alamogordo and went for my first appointment in December 2021, and I graduated in May 2022.

I was on 6 liters of oxygen when I started rehab; It was much hard work, and progress was slow, but by graduation, I could complete all my exercises without oxygen. The hardest part was motivation some days, I would arrive tired, and the therapists were so nice that they would coach me through my bad days.

I am back to doing the things I enjoy in life because of the great people at the Alamogordo Pulmonary Rehabilitation Department."



*"They Gave Me Back
my Lifestyle"*

Ricky Dumate

**Moving More
Breathing Better**



Gerald Champion
Regional Medical Center
Our Family Caring For Yours

Get In Touch



(575) 443-2746



2669 N. Scenic Drive
Patient Tower
Alamogordo, NM 88310



www.gcrmc.org

**PULMONARY
REHABILITATION
PROGRAM**



I'm interested what do I do next?

Speak with your primary care doctor or pulmonologist for a referral and we will be happy to assist!

Fax order to Cardiopulmonary Dept.
(575) 443-7694.

Our Program

Our Pulmonary Rehabilitation program is accredited through the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) and is available to patients conveniently in Alamogordo, NM within Gerald Champion Regional Medical Center. The program sessions last for approximately one hour twice per week for 36 sessions. The program averages to about 18 weeks. Each session includes exercise in the gym, discussions, education, and emotional support system.

Education sessions to include but not limited to:

- Disease Management
- Breathing Techniques
- Exercise Training
- Energy Conservation
- Oxygen Usage and Titrating
- Relaxation Techniques
- Proper Usage of Inhalers/Nebulizers
- Anxiety and Depression Support
- Pulmonary Nutrition
- Tobacco Cessation

What to Expect

For the first session, we will establish an Individualized Treatment Plan (ITP) which is a written plan established, reviewed, and signed by the medical director of the program every 30 days that describe patient's diagnosis, type, amount, frequency, and duration of exercise under plan. A Six Minute Test will also be done at this time to establish a physical base line for each patient before and after program to measure level of progress gained with our program.

Rehabilitation sessions are individualized to include warm ups, strength training, light weights, cardio machines and cool down.

During each session you can work at your own ability, speed, and tolerance. Workloads will be prescribed by pulmonary team. This program supports those who have not been in "work out" program before to the more experienced individual. Your endurance will improve as you become more conditioned in a safe and medically supervised environment.



Who Qualifies?

- | | |
|--|---------------------------------|
| ✓ Post Covid Patients | ✓ Persistent Asthma |
| ✓ COPD (Emphysema or chronic bronchitis) | ✓ Cystic Fibrosis |
| ✓ Bronchiectasis | ✓ Lung Cancer |
| ✓ Sarcoidosis | ✓ Lung volume reduction surgery |
| ✓ Pulmonary Fibrosis | ✓ Pulmonary Hypertension |
| ✓ Interstitial Lung Disease | |

Benefits:

- Less doctor and emergency room visits
- Reduce symptoms, less shortness of breath (exacerbation)
- Improve quality of life
- Improve energy and strength
- Build self confidence
- Improve doing daily living activities and things you enjoy doing
- Achieve personal goals