

BETTER BREATHING PHYSICAL THERAPY OUTPATIENT

Mary Free Bed
Rehabilitation

at



MUNSON HEALTHCARE

Introducing Better Breathing Physical Therapy at Mary Free Bed at Munson Healthcare.

This comprehensive outpatient physical therapy program is designed for individuals experiencing deconditioning, functional deficits or declines due to cardiac or pulmonary conditions. Whether you're struggling with daily activities, finding it difficult to walk long distances, or simply aiming to enhance your aerobic capacity, Better Breathing Physical Therapy is here to support your journey to better health.

WHY BETTER BREATHING PHYSICAL THERAPY?

Better Breathing Physical Therapy is tailored for those who may not qualify for traditional cardiac or pulmonary rehabilitation but still require specialized support to improve their breathing and overall functional abilities. Our program is ideal for anyone looking to strengthen their lung and heart functional capacity, whether pre or post cardiopulmonary events, or for those who lack endurance and find it challenging to perform daily tasks.

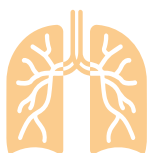
FOCUS ON VITALITY

- **Deconditioned Diagnosis:** A specialized restorative therapy program following prolonged inactivity, illness or hospitalization.
- **Strengthening Lung & Heart Functional Capacity:** Targeted exercises and therapies to boost the efficiency of cardiovascular and respiratory systems.
- **Pre and Post Cardiopulmonary Physical Therapy:** Build strength and endurance whether before or after a more intense cardiopulmonary therapy program.
- **Enhanced Daily Living:** Improve walking tolerance, ease difficulty with Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs), and enhance overall vitality.

WHAT TO EXPECT

After an initial evaluation, a physical therapist conducts a comprehensive assessment to understand the patient's current physical condition, medical history and specific limitations. Based on the evaluation, the therapist sets realistic, measurable goals tailored to the patient's needs and capabilities. Therapy sessions consist of:

- **Strength Training:** Exercises to gradually build muscle strength, often starting with low resistance and progressively increasing as tolerated.
- **Cardiovascular Conditioning:** Activities to improve heart and lung function, such as walking, cycling, or using a treadmill, tailored to the patient's fitness level.
- **Flexibility and Balance Exercises:** Stretching routines and balance training to improve range of motion and prevent falls.
- **Gait Training:** Techniques to improve walking patterns and stability, which may include the use of assistive devices like walkers or canes initially.



See back

Give your heart and lungs a boost!



PROGRAM HIGHLIGHTS

- **Aerobic Exercises:** Engage in structured aerobic activities designed to enhance your cardiovascular health and improve your endurance.
- **Manual Therapy:** Benefit from techniques aimed at releasing muscle tension, promoting relaxation and improving mobility.
- **Heart Rate & Oxygen Saturation Monitoring:** Ensure your safety and optimize your workouts with continuous monitoring of vital parameters.
- **Home Exercise Programs:** Customized exercise routines that patients can perform at home to continue their progress outside of therapy sessions.

Better breathing brings a healthier future. Whether you're looking to regain your functional independence or simply breathe easier, our program is designed to help achieve your health goals. Take the next step toward a more revitalized, active life with Mary Free Bed at Munson Healthcare.

MAKE A REFERRAL

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