

Group Education Classes

Consideration of individual needs is provided through one-on-one education sessions. We'll discuss your lung disease and ways to manage it.

Group sessions are provided in:

- Stress Management
- Dietary Guidelines
- Pulmonary Support Groups
- Diabetic Management, Education and Support Groups
- Exercise Guidelines

Sessions are held Monday, Wednesday, and Friday for one hour per day.

Our goal is to improve and maintain your quality of life. We will help you gain self confidence and a commitment toward a healthier life. After the completion of our program, graduates are encouraged to join Cape Regional Miracles Fitness and our medically-supervised program.

Pulmonary Rehabilitation Services

Cape Regional Medical Center
2 Stone Harbor Boulevard
Cape May Court House

To schedule an appointment call
609.463.2348

HOURS OF OPERATION
Monday through Friday | 8 am to 5 pm

PULMONARY REHABILITATION



For a Healthier Life.

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For a Healthier Life.

Our Services

Our medically-supervised exercise program is nationally certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

Our program is:

- Designed to meet your specific needs and abilities
- State-of-the-art equipment to monitor progress
- At every session heart rate, blood pressure and oxygen levels are recorded

Oxygen is provided, when warranted.

What to Expect:

- One and a half hour evaluation
- Development of exercise routine
- Pulmonary education (breathing techniques, medications, stress management, etc).

Who Can Participate?

A prescription from your Pulmonologist or Primary Care Physician is needed. Our administrative staff will review your insurance coverage and your personal financial obligations based upon your benefits.

Anyone diagnosed with the following conditions are eligible to participate:

- Asthma
- Emphysema
- Chronic Bronchitis
- Interstitial Lung (Pulmonary Fibrosis Sarcoidosis)
- Asbestosis
- Chronic Obstructive Pulmonary Disease (COPD)
- Bronchiectasis
- Other pulmonary disorders

How Can It Help?

Most pulmonary patients feel considerably better after rehabilitation. The program, combined with education and exercise helps to:

- Increase functional capacity and improve daily living activities
- Control panic/manage stress
- Learn effective medication techniques
- Increase knowledge of your pulmonary disease
- Increase confidence with daily activities

For more information or to schedule an appointment with Pulmonary Rehabilitation call
609.463.2348