

Unlock the Benefits of Pulmonary Rehab

Staying Consistent Is Key

Welcome to our Pulmonary Rehab Program! After your lung-related diagnosis or procedure, one of the best things you can do is enroll and regularly attend a Pulmonary Rehab Program. Research shows growing benefits with each session you attend, such as:

- Fewer breathing problems
- More strength and endurance
- Reduced hospitalizations
- Improved quality of life



Our Rehab Staff has screened your insurance. Please talk to staff about any insurance questions.

Please ask us if you need financial counseling and help.

Contact our Financial Counseling office at:

865-305-9016

BOCustomerService@utmck.edu



HEART LUNG VASCULAR INSTITUTE



The University of Tennessee Medical Center's Pulmonary Rehab program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).



We want to help you achieve the most out of your time in the program. Please keep in mind the tips below.

- Attend without long breaks. This helps your body to adjust to an exercise program. It also allows you time to ask questions and learn more.
- Start soon and attend regularly. This will give you the most benefits, based on research.



Helpful Rehab Tips:

- For exercise, wear secure footwear and comfortable clothing.
- Make sure to bring any emergency medications (rescue inhalers, Nitroglycerin, etc.), if prescribed by your doctor
- If you have diabetes, always bring your glucose meter and a snack. Check your glucose before exercise. Blood Glucose less than 100 or greater than 300 may be unsafe.
- Bring your oxygen as prescribed, we will provide you with oxygen during your visit

To reduce breathing problems in the gym, please do not apply perfumes and scented lotions.

Please call us if you will not be able to attend your class!

You will lose your spot if you miss 3 visits without giving us notice.

UT Medical Center Knoxville Pulmonary Rehabilitation

Phone: 865-305-6920

Fax: 865-305-6844

Free Patient Parking in Garage 4. Please see staff for parking passes.

During the program, we will use the Rating of Perceived Exertion Scale (RPE) to guide your intensity. A copy of this scale is included below.

Rating of Perceived Exertion

Borg RPE Scale®

6		How you feel when relaxed, lying in a bed or sitting in a chair. Little or no effort.	
7	Extremely Light		
8			
9			
10			
11	Fairly Light		
12			Target Range. How you should feel with exercise or activity.
13	Somewhat Hard		
14			
15	Hard		
16			
17	Very Hard	How you felt with the hardest work you have ever done. Don't work this hard!	
18			
19	Extremely Hard		
20	Maximum Exertion		