Two months ago I couldn’t walk up and down stairs, or even communicate without being short of breath. Rehabilitation has given me the tools to live a more productive, active life. Thank you, Mt. Ascutney Hospital. Remember, just breathe!

- Bonnie Reed
Chronic Lung Disease patient

FOR MORE INFORMATION
For more information about pulmonary rehabilitation at MAHHC, please call Roger and Jennier at (802) 674-7159. Treatment is generally covered under many insurance plans—see yours for specific coverage limitations, co-pays or deductibles.
Our Pulmonary Rehabilitation Program is designed to benefit people diagnosed with chronic lung disease, including COPD, restrictive lung disease, some neuromuscular diseases that significantly impair respiration, primary pulmonary hypertension and, at times, people with lung cancer.

Pulmonary rehabilitation can be challenging, and we want you to succeed. Our program focuses on teaching you the tools and strategies necessary for living a full life.

At MAHHC, we utilize a comprehensive, multi-faceted, holistic and educational approach that is personalized for each individual. The goal of our program is to help each person reach their highest level of function and quality of life while reducing distressing symptoms and healthcare utilization.

- Improved quality of life
- Increased overall muscle strength
- Better stamina to meet the challenges of daily living
- Greater knowledge about chronic lung disease and associated health problems
- Better coping skills to manage your day-to-day issues
- Improved medication compliance
- Reduced stress, anxiety and depression symptoms
- Less need for healthcare utilization