

Outpatient Pulmonary Rehabilitation Program

PATIENT TESTIMONIALS

"My experiences at pulmonary rehab have been so satisfactory. I started classes thinking I couldn't do anything on the exercise machines or the stretches at the end of the classes. The day I clocked five miles on stationary bike after spending eight minutes on another machine was a really proud one! Our instructors are so encouraging and helpful. We have learned many techniques that are so helpful in daily life."

- Carol Ellett, Patient

"It really makes a difference!"

-Kenneth E. Fail, Patient

"From the moment I stepped through the doors at The Wellness Center to begin pulmonary rehabilitation, I felt like I was in control of my health and never looked back. The staff was courteous, professional and treated me with dignity and respect while providing me an education in dealing with a pulmonary disease. The association, in a group setting with individuals with similar health issues, was extremely rewarding and gave me a sense of comfort. I found this program to be beneficial to my well being and feel stronger as a result of the programs."

-Mary Drennan, Patient

"Pulmonary Rehab was the best thing to happen to me since the diagnosis. My PFT's have improved, I'm physically stronger and my outlook, in general, is better. I can't recommend rehab strongly enough."

-Karen Gibson, Patient

"On March 9, 2009 I was released from Middle Tennessee Medical Center with severe lung problems. Ann Sanders had visited me several times during my hospital stay and was well aware of my health problems. I received a phone call from Ann setting up an appointment at The Wellness Center. I was walking with a walker and assisted by my daughter at

this time. Dr. Louthan strongly suggested pulmonary rehab for me and this was the best advice I had ever been given. After 6 months of rehab I was able to drive myself and walk unassisted. I completed rehab and maintenance and today am still attending The Wellness Center. In June I had surgery for heart valve blockage. After 2 weeks Dr. Falterman released me back to pulmonary rehab. I shudder to think what my health would be now were it not for my wonderful doctors and the caring, competent folks at The Wellness Center."

-Julia Taliaferro, Patient

"The Wellness Center and Pulmonary Rehab Center has been a life saver for me. Having COPD my pulmonary doctor recommended that I give the center a try and I'm so glad I did. The staff here at the center is very professional and knowledgeable I would highly recommend the Wellness Center to all adults especially the seniors."

- Bob Mattox, Patient

