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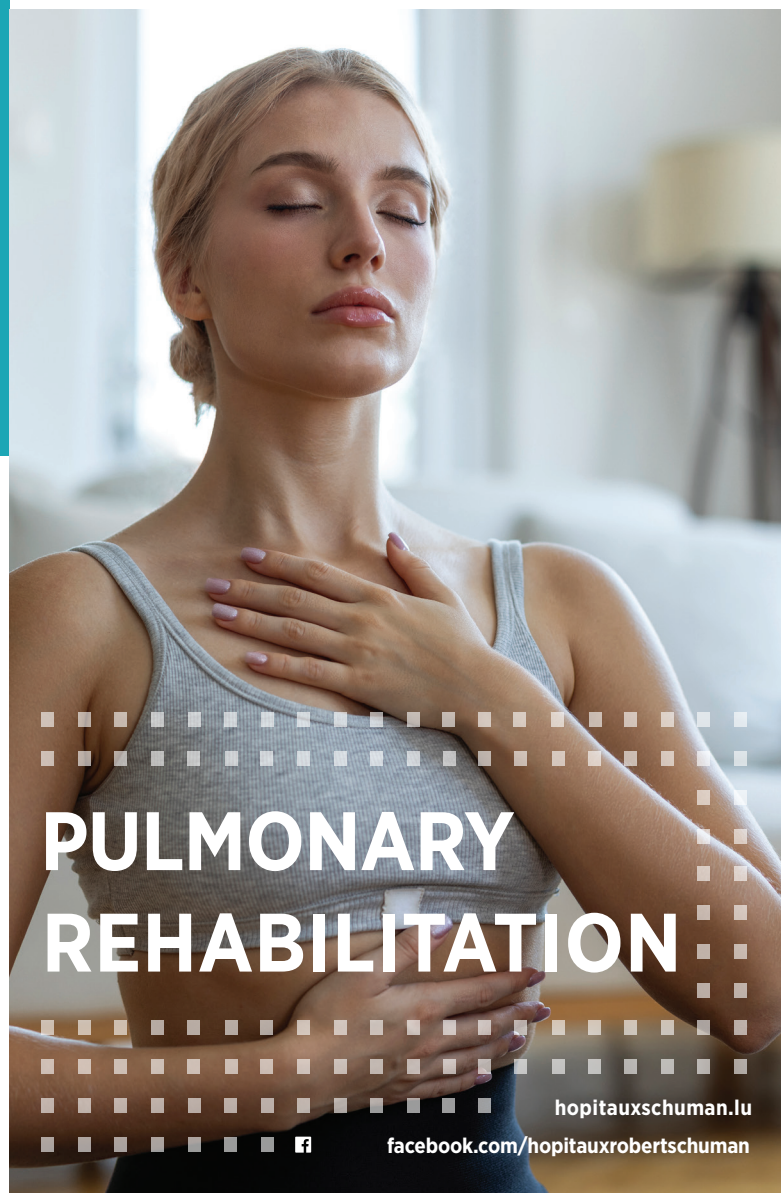
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**REGAIN YOUR BREATH AND
INDEPENDENCE**



PULMONARY REHABILITATION

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WHAT IS IT?

Pulmonary rehabilitation is a structured program for people with chronic respiratory diseases. It combines:

- Adapted physical exercises
- Education and guidance to better manage the disease
- Support from a team of healthcare professionals

WHO IS IT FOR?

It is particularly recommended:

- For people with COPD
- For persistent forms of asthma
- For sequelae after a severe respiratory infection
- For certain chronic chest diseases or reduced physical fitness
- Before or after thoracic surgery

WHAT DOES THE PROGRAM INCLUDE?

- Personalized physical exercises (endurance and muscle strengthening)
- Breathing exercises to better control breathing
- Advice on the disease, treatments, and symptom management
- Support to resume daily activities and improve independence

HOW DOES IT WORK?

The program lasts several weeks and includes regular sessions tailored to each individual. An initial assessment helps define goals and personalize the follow-up.

WHAT ARE THE BENEFITS?

- Improved breathing and endurance
- Less shortness of breath in daily life
- Fewer flare-ups (exacerbations)
- Better quality of life and greater independence

THE LONG-TERM GOAL

The aim is to maintain these physical activity habits in daily life to preserve the benefits over time.

Pulmonary rehabilitation is a comprehensive and personalized approach that helps you breathe better, stay independent, and enjoy a better quality of life, while encouraging regular, appropriate physical activity.

