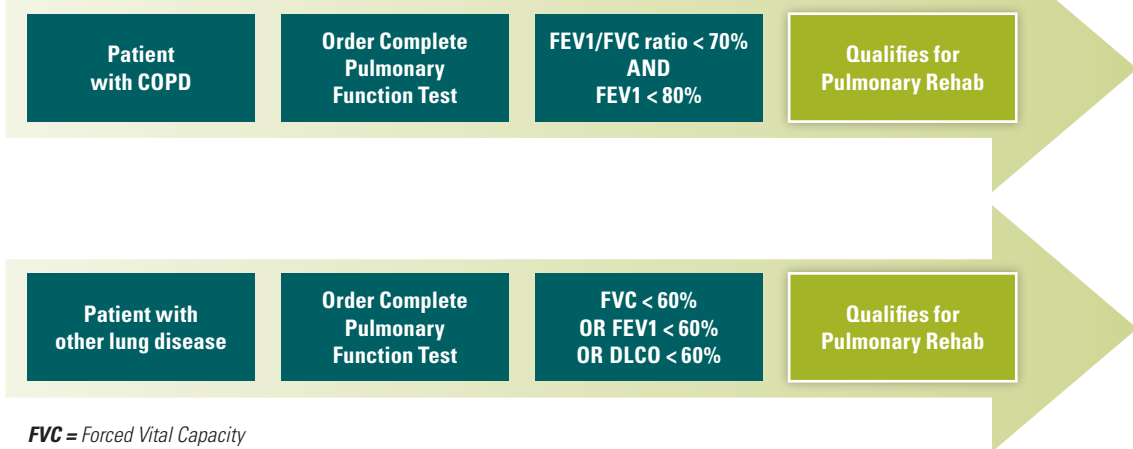




# PULMONARY REHABILITATION REFERRAL GUIDE

Pulmonary rehabilitation shows patients how to improve muscle strength, endurance, medication and oxygen usage through an individualized exercise and education plan. It ultimately leads to less difficulties breathing and an improved quality of life.



***FVC** = Forced Vital Capacity  
**FEV1** = Forced Expiratory Volume in One Second  
**DLCO** = Diffusing Lung Capacity*