

Respiratory illnesses like chronic obstructive pulmonary disease (COPD) and COVID-19 can cause long-term lung damage that makes it difficult to breathe, exercise, and do daily activities. Our Pulmonary Recovery Circuit Program (PRCP) is a wellness and rehabilitation program that helps participants improve their breathing, stamina, and fitness to maximize their recovery and support their overall health.

The PRCP is one of the first of its kind in the state and helps to address a growing need for respiratory illness care in Hawaii's communities.



## Benefits

- In the program, participants work with licensed physical therapists and exercise specialists to learn how to conserve energy, control shortness of breath through progressive muscle relaxation techniques, and do breathing and rehabilitation exercises. They'll also receive a customized home exercise program.
- The team will monitor the health and progress of their participants by keeping a log of participants' lung sounds, oxygen flow rate, and shortness of breath and perceived exertion after physical activity.
- A pre- and post-evaluation may be done to show participants their improvements. These evaluations can be shared with their doctor upon request.

## Schedule

Classes are held twice a week in our Wellness Gym at our Nuuanu campus and can also be scheduled as needed. 10 to 12 sessions are recommended for maximum results but participants can tailor their schedule with the REHAB team.

## Fees

Our low-priced \$100 monthly fee must be paid by the first working day of each month. Classes can also be paid for a la carte at \$15 per class. A pre- and post-evaluation fee may apply.