



FutureCare is proud to offer **BreatheStrong** - our comprehensive pulmonary rehabilitation program. FutureCare's in-house respiratory team, nurse practitioners, therapists and other clinical specialists, work together to improve each patient's overall pulmonary health, using progressive technology and strong fundamental rehabilitation techniques

**BreatheStrong** is part of the **VitalStrong Rehabilitation program** offered at FutureCare, focused on getting you home faster...and stronger.

**VitalStrong**<sup>™</sup>  
Rehabilitation

**BreatheStrong**  
by FutureCare

**FutureCare**  
CANTON HARBOR



1300 South Ellwood Ave.  
Baltimore, MD 21224  
(410) 342-6644

[VitalStrong.com](http://VitalStrong.com)

**BreatheStrong**  
by FutureCare



# Our pulmonary rehabilitation team has one goal... getting you home faster and stronger.

The **BreatheStrong** program at FutureCare is designed to utilize pulmonary risk reduction strategies that help you improve your well-being. Programs components include:

- Short-term inpatient rehab for persons with chronic respiratory disease.
- Interdisciplinary care managed by our BreatheStrong team which includes your attending physician and pulmonologist, nurses, therapists, and other professionals trained with a focus on pulmonary rehab.
- Inpatient services provided 7 days per week.
- Focus on symptom reduction by optimizing breathing techniques.
- Reduced re-admissions to hospital for pulmonary recurrences.
- Individualized care plans to improve endurance and reduce reliance on oxygen.



## The BreatheStrong Team

Our team of experienced professionals work together to optimize your pulmonary health.

- Consulting Pulmonologists
- Medical Director
- Respiratory Therapy
- Care Navigator
- Nurse Practitioner
- 24-Hour clinical leadership
- 24-Hour Registered Nurses
- Rehabilitation Therapists – physical, occupational and speech
- Social Services
- Dietician
- Consulting Psychiatrist

## Holistic Team Approach

**Advanced Nursing Care** - Our Team of licensed nurses and nursing assistants are here to assist you with medication management, understanding your disease process, pain management if needed, and any other clinical services such as wound care that you may need as you recover.

**Respiratory Therapy** - Our respiratory therapists will work with you daily to learn strategies for maximizing your energy, breathing properly, improving your endurance, and better understanding of how to manage your disease long term. Our goal is to get you home faster and stronger, and make sure you have the tools to be successful in the home.

**PT, OT, and Speech** - Our team of therapists work closely with you and your respiratory therapist to help build your strength and endurance safely.

**Education** - Education is an important part of the BreatheStrong program, and is incorporated throughout your day by all disciplines. In addition, we offer several fun and interesting activities such as the Harmonica Club and the Better Breathers Club which help to reinforce what you are learning in the program.