The New Jewish Home offers a specialty **Pulmonary Rehabilitation Program** on our Upper West Side Manhattan campus. Our program helps patients with pulmonary diagnoses **regain their strength and manage their symptoms**. We’re the only sub-acute program staffed by **full-time physicians and nurse practitioners** from the Mount Sinai Health System.

Research shows that when Pulmonary Rehabilitation is implemented within four weeks of a hospitalization due to COPD (Chronic Obstructive Pulmonary Disease), there is a **significant reduction in future hospital readmissions and an improved quality of life**.
The Pulmonary Rehabilitation Program supports medically stable patients with:
- COPD and other chronic lung diseases
- Insurance qualifications to receive post-acute stay at The New Jewish Home

Patients are evaluated by a respiratory therapist and medical team on admission. Throughout their stay, they may receive respiratory therapy, medical, nursing, and dietary care, as well as physical, occupational, speech and swallowing therapy.

Our comprehensive clinical capabilities include:
- Nocturnal BiPAP and CPAP
- Supplemental Oxygen
- Surgical drain and wound care
- Medication management with on-site pharmacy
- Chest physical therapy
- Postural drainage, percussion and vibration
- Muscle strengthening, conditioning, stretching, posture and balance training
- Neuromuscular Electrical Stimulation (NMES)
- Expiratory Muscle Strength Training Program (EMST)

Patient Education
A key component to recovery is empowering patients to be active participants in managing their own health. Our team provides guidance to patients and their loved ones on:
- Using an inhaler
- Smoking cessation
- Self-management of symptoms
- Customized nutrition and dietary education, and individualized meal plans
- Stress reduction techniques and breathing exercises

Our discharge planning includes a detailed evaluation of patient readiness for discharge and making referrals for additional care as needed (e.g., home care, outpatient pulmonary rehab or an adult day health care program).

Call or email to schedule a tour:
212.870.4715
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