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FOREWORD

The *Practical Guide for Pulmonary Rehabilitation: The Evidence for Pulmonary Rehabilitation Programs* with great interest.

This book is written with the aim to help all health care professionals with pulmonary rehabilitation.

The book starts with a short history about pulmonary rehabilitation, then it transitions to explain the role of skeletal muscles in rehabilitation and its importance in chronic lung diseases. It also explains how to establish a pulmonary rehabilitation program, the goals and how to prescribe exercises. Pulmonary rehabilitation is not only beneficial to COPD, but also other chronic chest diseases such as pulmonary fibrosis. This is well documented in Chapter 10.

During the COVID pandemic, the role of telemedicine and internet-based pulmonary rehabilitation is explained and encouraged in Chapter 14.

One of the major challenges in the elderly population that is living with comorbidities, such as heart failure, kidney disease, and depression, are "when" and "how" to implement a pulmonary rehabilitation program. Chapter 6 explains the importance of a multidisciplinary approach and how to integrate pulmonary rehabilitation into a patient's overall care. Chapter 9 explains the importance of a multidisciplinary approach and how to integrate pulmonary rehabilitation into a patient's overall care.

The book also includes a chapter on the future of pulmonary rehabilitation, which discusses the latest research and the potential of new technologies in the field. The book is a valuable resource for all health care professionals involved in the management of chronic lung diseases.