



Welcome To Cardiac Rehabilitation

Congratulations in choosing to be an active participant in your recovery. Let us enthusiastically welcome you to Cardiac Rehabilitation. Our program is designed to gradually re-condition your heart, as well as your muscles, after your heart attack, open-heart surgery, angioplasty, stent or related procedure. Exercise and educational information designed to assist you in your recovery and in your heart-healthy lifestyle will be provided. The program usually lasts anywhere from four to twelve weeks, although this may be modified by your needs, the recommendations of your physician, and your insurance coverage.

Exercise Sessions:

Monday • Wednesday • Friday

7:30 a.m. • 9:00 a.m. • 10:30 a.m.

Consistency is vital to your recovery, therefore regular attendance is expected.

- Please wear comfortable clothing and appropriate footwear to the exercise sessions.
- Take all medications as prescribed prior to each exercise session.
- Insulin dependant diabetic patients are asked to bring their glucometers and an appropriate snack to class in the event of a hypoglycemic reaction.

Exercise Equipment Available:

Treadmills

Stationary bicycles

Arm ergometers

Rowing machine

Weights

Your heart rate, rhythm, blood pressure as well as tolerance to the exercise will be monitored continually throughout each session. An individualized exercise prescription will be devised for you to meet your goals of cardiac rehabilitation.

Your progress will be monitored and evaluated. A summary of this information will be in your chart and regular updates will be sent to your physician.

Your assigned class time is _____

We look forward to being a part of your new heart-healthy life style.