

## **CARDIAC REHABILITATION**

### **What is Cardiac Rehabilitation?**

Cardiac Rehabilitation is a program which combines activities to help patients recover from cardiovascular events, such as heart attack, coronary artery bypass surgery, angioplasty, coronary stent placement, and heart failure. These programs promote health and wellness through exercise, diet, and other areas of cardiovascular health. The goal of cardiac rehabilitation is to encourage a healthy lifestyle in hopes of preventing further heart related illnesses and problems. Cardiac rehabilitation is equally safe and effective for men and women.

### **What are the phases of Cardiac Rehabilitation?**

1. **Hospitalization:** the goals of cardiac rehab during hospitalization are to minimize the side effects that can occur from prolonged periods of bed rest and inactivity. Education regarding lifestyle changes (diet, exercising, etc) begins during this phase of rehabilitation.
2. **Early Recovery:** this phase occurs after discharge from the hospital and generally lasts approximately 6 weeks. Supervised exercise using cardiovascular conditioning equipment (treadmills, stationary bicycles, etc) is used. Patients are monitored with continuous heart monitors (continuous EKG). Blood pressure and heart rate readings are also monitored by the rehab staff. Exercises are customized for each patient. Activity is monitored by staff and level of exertion is gradually increased as the patient tolerates.
3. **Maintenance:** the phase of rehab occurs after the patient is felt to be stable and able to continue in an exercise and diet regimen on his or her own. This is, in many ways, the MOST important phase of cardiac rehabilitation as this lends to living a heart healthy lifestyle for many years to come!

**You will continue to follow with your cardiologist intermittently during the phases of your cardiac rehabilitation treatment.**

Please do not hesitate to contact our office if you have any questions or concerns.

Thank you!