# WHAT IS CARDIAC REHABILITATION?

For patients with heart disease, vital help in getting back to the lifestyle you once enjoyed comes from the experts in Cardiac Rehabilitation.

Patients in our program include those who have had surgery or other procedures and those who have been diagnosed with a cardiovascular condition but have not had a surgical or interventional procedure.

In either case, Cardiac Rehabilitation uses education, nutrition counseling, and carefully supervised exercise to assist our patients in returning to productive and enjoyable lives.

# WHO CAN PARTICIPATE?

Cardiac Rehabilitation at WVU Medicine St. Joseph's Hospital in Buckhannon is designed for the following patients:

- Recovering from a heart attack
- Recovering from coronary bypass or valve replacement surgery
- Following interventional cardiac procedures such as angioplasty and stent placement
- Experiencing stable chest pain
- Diagnosed with cardiomyopathy or congestive heart failure

# Other Services

**Cardiology**.....304.460.7979

**Family Medicine**.....304.473.2200

**General Surgery**.....304.473.2303

**Ophthalmology**.....304.472.2100

**Orthopaedics**.....304.473.6810

**Pain Management**.....304.460.7040

**Pediatrics**.....304.472.6041

**Podiatry**.....304.460.7948

**Primary Care**.....304.473.2305

**Rheumatology**.....304.473.2318

**Vein Care**.....304.460.7959

**Women's Health**.....304.473.2300

**Wound Care**.....304.460.7461

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ST. JOSEPH'S HOSPITAL

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# ST. JOSEPH'S HOSPITAL

# CARDIAC REHABILITATION

*The **Heart** of our Community*

**Cardiac Rehabilitation**
1 Amalia Drive
Buckhannon, WV 26201

**304.473.2096**
www.stj.net

# HOW CAN CARDIAC REHABILITATION HELP?

Studies show that Cardiac Rehabilitation programs offer substantial benefits to people with heart disease. Many of our patients experience the following:

- Faster recovery
- Increased exercise endurance
- Decreased blood pressure and heart rate
- Improved cholesterol and triglyceride levels
- Reduced body fat, improved muscle tone
- Enhanced knowledge of heart disease
- Increased energy and zest for living

# HOW DOES THE PROGRAM WORK?

Cardiac Rehabilitation is divided into three phases. Many patients begin the program while still hospitalized and continue as outpatients. Others simply attend our outpatient program.

## PHASE ONE

This phase takes place while you are in the hospital recovering from a heart attack or other condition your doctor feels would benefit from Cardiac Rehabilitation.

During the recovery period, a Cardiac Rehabilitation staff member will visit you in your room and explain the benefits of both inpatient and outpatient programs. Throughout your recovery, we will help you gradually and safely resume physical activity.

It is important to begin this process as early as possible to recover your strength. The rehabilitation process may include low intensity exercise to monitor your heart rate, blood pressure, and exercise tolerance.

Before you leave the hospital, you will be provided educational materials about your condition and options for continued rehabilitation in Phases Two and Three.

## PHASE TWO

The second phase may begin as early as two weeks after you have been discharged from the hospital. This may continue for 12 weeks and consists of the following:

- Three supervised, EKG-monitored exercise sessions per week (Mondays, Wednesdays, and Fridays)
- Various activities that include treadmill walking, stationary bicycle riding, arm cycling, and strength training.
- Educational instruction on nutrition, stress management, and other factors that may contribute to heart disease.
- Development of a personal exercise program

With your physician's approval, you may begin Phase Three following Phase Two.

## PHASE THREE

The third phase of Cardiac Rehabilitation is a continuation of supervised exercise aimed at maintaining consistent, healthy lifestyle habits. Weekly sessions are available Tuesdays and Thursdays. Additional sessions are available upon request.

## INSURANCE COVERAGE

Many insurance carriers reimburse Cardiac Rehabilitation for Phase Two. The amount of coverage depends on your insurance company and policy. Insurance does not cover Phase 3; you will need to pay $4.00 per session.