

Cardiac Rehabilitation



Cardiac rehab is a specialized program designed to help heart disease patients recover more effectively and return to a normal, healthy lifestyle. Each patient receives an individualized treatment plan, which may include:

- Medication evaluation
- Monitored exercise sessions
- Development of a home exercise program
- Lifestyle and risk factor assessment and modification
- Medication education
- Dietary instruction
- Education for both the patient and family
- Behavioral interventions

BENEFITS

Participating in a cardiac rehab program offers many benefits for heart disease patients, such as:

- Reducing the risk of future heart-related issues
- Controlling heart disease symptoms
- Halting or reversing damage to the heart's blood vessels
- Boosting confidence and overall well-being
- Enhancing stamina and strength

EXERCISE WITH US

Cardiac Rehab is available in the gym at Lucas County Health Center, conveniently located near the medical clinic on the main level of the hospital, and is monitored by a nurse specializing in exercise rehab.

ENROLLMENT & COVERAGE

Enrollment in the Cardiac Rehab Phase II program requires a referral from your healthcare provider. Coverage for the program may be provided by private insurance companies, Medicare, and Medicaid. The extent of coverage is determined by your individual policy.

TESTING YOUR HEART HEALTH

Various tests help your healthcare provider evaluate your condition and rule out potential heart problems. These tests may be conducted before, during, or after your cardiac rehabilitation and include:

- Exercise Stress Test (ECG): records your heartbeat while you walk on a treadmill or ride a stationary bike and assesses how much oxygen your heart muscle receives
- Echocardiogram: uses harmless sound waves to create images of your heart and form a moving picture on a video screen, showing the structures of your heart and how well it is pumping
- Cardiac Catheterization: inserts a long, flexible tube into a blood vessel and guides it towards your heart, helping to diagnose heart problems

More Information

Scan to learn more about our
Cardiac Rehabilitation Program

