Program objectives:

- To begin an exercise program to strengthen your heart and speed your recovery.
- To encourage lifestyle changes to reduce your risk of coronary artery disease.
- To help you live a longer, healthier and more productive life.
- To help you gain strength and confidence following a heart event.
- To provide professional guidance to develop an appropriate exercise plan.

Who can benefit?

- Persons who have experienced a heart attack.
- Persons who have had open heart surgery.
- Persons who have had a coronary intervention such as PTCA (balloon) or stent.
- Persons with stable angina.

Trinity Regional Health System
Cardiac Rehabilitation
500 John Deere Road
Moline, IL 61265
(309) 779-5340
www.trinityqc.com

TRINITY
IOWA HEALTH SYSTEM

Moline • Rock Island • Bettendorf • Muscatine

Trinity Regional Health System does not exclude, deny benefits to or otherwise discriminate against any person on the grounds of age, race, color, national origin, religion or on the basis of disability or sources of payment for care.

Outpatient Cardiac Rehabilitation

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Your Cardiac Rehab Team:

A comprehensive rehabilitation program is developed by health professionals from several disciplines working together. Team members are truly "experts" in their field and provide accurate and current health information and guidance to program participants.

The Trinity cardiac rehabilitation team includes registered nurses, dietitians and exercise specialists who work with your physician to design a program that meets your specific needs. This program is overseen by a board-certified medical director.

Outpatient Cardiac Rehab (Phase 2)

Phase 2 rehabilitation ideally begins shortly after hospital discharge. You can expect this phase to last four to twelve weeks. Phase 2 includes extensive, individualized education, supervised and monitored exercise and risk factor / lifestyle counseling. You will meet three times a week for 75 minutes and focus primarily on medically-supervised exercise conditioning and education.

During each session, your blood pressure and EKG are monitored during exercise. Your exercise regimen will include work on a treadmill, exercise bike, arm cycle, rower or stepper machine. All equipment settings and exercises are based on your health status and ability to tolerate exercise. Other essential elements of the cardiac rehab program include patient education, nutritional guidance and risk factor modification. Education will help you better understand your heart condition and learn ways to reduce the risk of future problems. Patients also learn how to cope with the stress of adjusting to a new lifestyle and to deal with fears about the future.

Insurance

Review your insurance plan to see if cardiac rehabilitation is a covered program. Trinity also has a financial assistance program available to those with limited or no insurance.