

Four Phases of Cardiac Rehab

Phase 1 – Inpatient

This phase begins in the hospital following a diagnosis of angina, heart attack, angioplasty, or heart surgery. We progress to low-level activity and emphasize patient/family education.

Phase 2 – Outpatient

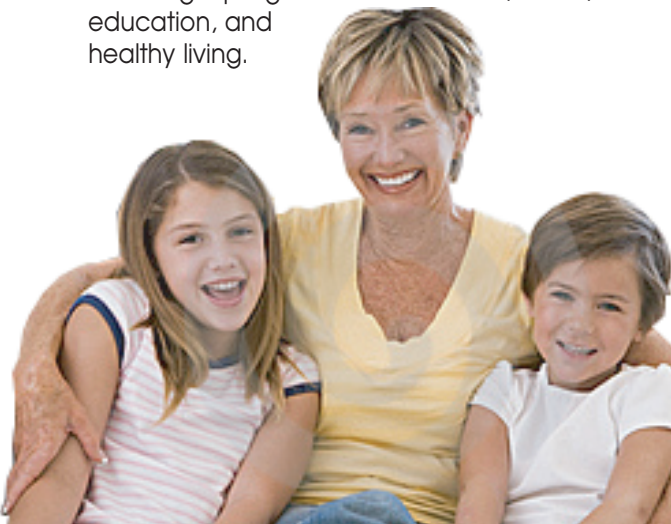
This phase begins immediately after discharge from the hospital. Exercise, diet, education, and risk-factor modification are integral parts of this program.

Phase 3 – Outpatient

This phase begins after the completion of phase 2, or 6-8 weeks after a coronary event. Exercise, diet, education, and risk-factor modification continue. We focus on increased exercise capacity for 6-12 weeks.

Phase 4 – Outpatient

This phase begins after the completion of phase 3. This maintenance phase is a life-long program of exercise, diet, education, and healthy living.



For more information about participating in our Cardiac Rehabilitation Program, please call (508) 765-9771, ext. 2695.

*Cardiac Rehabilitation.
Another example of
Harrington's TLC —
Total Local Care.*



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www.harringtonhospital.org

CARDIAC REHABILITATION



Your Heart's in the Right Place



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What Is Our Cardiac Rehabilitation Program All About?

Cardiac Rehab started at Harrington Memorial Hospital in the late 1970s and has grown into a four-phase program. Through education and exercise, we help individuals with heart disease to identify and modify their risk factors, increase their physical activity, and return to an active and satisfying lifestyle. Our program, which begins with the diagnosis of heart disease, extends beyond the recovery phase and continues for life.

How Does Cardiac Rehab Work?

Our program is especially designed to help people with heart disease recover safely and return to full and productive lives. Cardiac Rehab includes exercise, education, counseling, diet, and learning how to live a healthier life.

Your cardiac rehab team involves many important members. You—along with your doctor, cardiologist, nurse, physical and occupational therapist, social worker, and dietician—make a great team. This team approach provides a great network of support to enhance your well-being.



Who Can Benefit?

Cardiac Rehab can make a difference for men and women of all ages. It is a safe and effective way to help you.

You can benefit if you have:

- ♥ Had heart disease, such as angina.
- ♥ Had a heart attack.
- ♥ Had coronary bypass surgery, balloon angioplasty, or stent.
- ♥ Had a heart transplant.
- ♥ Had a heart valve replacement.

How Do You Begin?

Your doctor must refer you to the program.

You can make this request directly to your doctor or call us to assist you. During your participation in our program, your doctor will remain in charge of your overall care and will receive progress reports on a regular basis.

What About Insurance Coverage?

Every insurance policy is different. Our staff can help you determine your benefits.

