Cardiac Rehabilitation Phase II

Rehab Phase III
We dedicate ourselves to improving the health status of our patients through holistic and compassionate services.

Hammond-Henry Hospital's Phase II Cardiac Rehabilitation is an outpatient exercise program specifically for persons with cardiac problems—heart attack, angioplasty, bypass surgery, heart transplant, coronary artery disease as determined by angiography, stress test, or typical angina. Cardiac Rehabilitation is designed to help patients with heart disease recover faster and return to full, productive lives.

Cardiac Rehabilitation includes monitored exercise, cardiac education, and counseling. Together with medical and surgical treatments, the program can help you feel better and live a healthier life. Hammond-Henry's goals are to help you learn about:

- Your individuals risk factors
- Making healthy changes
- The importance of regular exercise

Hammond-Henry staff members will design an exercise program specifically for you. They will consider your age, type of cardiac problems, other physical limitations, and your previous exercise history.

Cardiac Rehabilitation
Cardiac Rehabilitation Phase II starts two to three weeks following discharge from the hospital. The program may last up to 12 weeks depending on your progress and whether you need to return to work. Sessions are one hour in length and meet Monday, Wednesday, and Friday.

Cardiac Rehab is safe. Studies show that serious health problems caused by cardiac exercise are rare. The Cardiac Rehabilitation team is trained to handle emergencies. Your health care team will prescribe a safe exercise program that is right for you.

Dietitian
A dietitian is available to talk with you and your family.

Dress
Wear loose-fitting, comfortable clothes and comfortable shoes. Specific exercise clothing is unnecessary.

Your Goals
By now you should be thinking about some short- and long-term goals regarding lifestyle changes. Hammond-Henry's staff will assist you in identifying and reaching those goals.

Entrance Requirements
Participants must be referred to Phase II by their cardiologist or attending physician who completes an exercise prescription. A stress test may be performed by the physician prior to the participant's starting the program to determine the patient's level of exercise capability.

Insurance
Many insurance companies, including Medicare (Part B), cover 80% of the cost of the program. Normally, your secondary insurance will cover the remainder. Insurance companies have their own guidelines on payment of cardiac rehab. You are asked to check with your insurance company about coverage. Staff will assist you with questions or problems.

Experience & Caring
The program is staffed by registered nurses trained in Advanced Cardiac Life Support, exercise specialists, dietitian, social worker, and an on-site physician.
Our Goal & Commitment
At Hammond-Henry Hospital we are committed to assuring a high-quality treatment process. Our goal is to improve the quality of life for our patients, returning them to the highest level of independence possible. We feel it is extremely important that you, the patient be independent in a home program and know how to prevent future injury. Our team of dedicated health professionals allow us to achieve this successfully.

Our Services
Rehab Services available at Hammond-Henry Hospital include, but are not limited to:
- Athletic Training
- Athletic Enhancement
- Cardiac Rehab
- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Sports Medicine
- Post Therapy Fitness
- On The Move

Our Communication
We work closely with your physician to develop your recovery program, as frequent communication occurs throughout the treatment process. The therapist also spends individualized time on the following:
- Patient education and training on the home exercise program.
- Patient education on the disability, illness or injury.
- Patient education on the therapeutic process.

Cardiac Rehabilitation
Phase II