

Professional Caring Staff

Our team of health professionals, including, physicians, registered nurses, dieticians, and exercise physiologists, work together to develop a personalized plan to meet your cardiac rehabilitation needs.

The most important member of the team, however, is you. No one else can exercise for you, stop smoking for you, or eat a more healthy diet for you. You are responsible for your own lifestyle choices.

Our job is to teach you, guide you, and support you as you make these healthy choices.



Cardiac Rehabilitation McLaren Oakland

Phone (248) 338-5613

Fax (248) 338-5019

Serving you from these locations:

McLaren Oakland

50 N. Perry Street
Pontiac, MI 48342

McLaren Healthcare Village

5701 Bow Pointe Drive, Suite 310
Clarkston, MI 48346

McLaren Oakland Oxford

385 N. Lapeer Road
Oxford, MI 48371



McLaren Oakland Cardiac Rehabilitation

Recovery through rehabilitation



MO-349 (2.18)



Getting Started

You will need your physician's approval to get started in the Cardiac Rehabilitation program. You will need a written order from your primary care physician or your cardiologist before you begin the program.

Once you receive the order for cardiac rehabilitation, contact us at (248) 338-5613 to set up an orientation and class times.

If we receive the order directly from your physician, we will contact you to set up your program.

Other Things to Know

- › Wear comfortable loose-fitting clothing and gym shoes for exercising
- › Bring water to class
- › Bring copies of any tests that you have had done (i.e. stress test, blood work, echo/MUGA)

Program Overview

The Cardiac Rehabilitation program is conducted at the Fitness Center located on the main campus of McLaren Oakland, McLaren Oakland Oxford, and McLaren Clarkston.

Cardiac Rehabilitation is divided into three phases. Each phase is designed to provide you with the appropriate medical support and exercise training based on your own personal cardiac history.

Phase I: The first phase of cardiac rehab begins in the hospital after a heart attack, heart surgery or other cardiac treatment. This initial phase includes education about the event and new medications, and guidelines for home activities. In some cases, it also includes small amounts of telemetry monitored exercise.

Phase II: This phase begins two to six weeks after your cardiac event. It includes continuous

telemetry monitoring, 30 minutes of aerobic exercise divided into shorter segments on a variety of exercise equipment including treadmills, stationary bikes, rowers, and stair climbers. All exercises are conducted at a safe and comfortable, yet effective, level for you. Phase II also includes education on exercising safely and effectively, risk factor modification, dietary guidelines, and smoking cessation, as needed.

Phase III: Cardiac rehab continues for as long as you like in Phase III. This is a supervised aerobic and strength-building exercise class. It provides medical supervision, including blood pressure and rhythm strip checks to monitor your cardiac health; and small group personal training to help you attain your health and fitness goals. Risk factor education also continues in Phase III.

Program Goals

The goal of the McLaren Oakland Cardiac Rehabilitation program is to provide cardiac patients with the education, experience, and practical knowledge to return to full productive lives. This includes targeted exercise programming designed to reduce symptoms and improve quality of life. Our program includes monitored, personalized exercise classes, and educational experiences to help the patient control their disease and make the necessary changes to reduce the chances of repeat events.