



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.

Program Overview

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.

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. 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.

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.

Accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).



Getting Started

You will need a written order from your primary care physician or your cardiologist to get started in the Cardiac Rehabilitation program. Once you receive the order, call (248) 922-6682 to set up an orientation and class time. If we receive the order directly from your physician, we will contact you to set up your program.

Serving you from these locations:

McLaren Clarkston
5701 Bow Pointe Drive, Suite 355
Clarkston, MI 48346

McLaren Oakland Oxford
385 N. Lapeer Road
Oxford, MI 48371



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