

McLaren Print System Order

Order No: 69982
 Order Date: 2022-05-23
 User: Graphics Dept
 Phone: 810-733-9566

Ship Location: Robin Kane
 6599 Shadowood Dr
 West Bloomfield, MI 48322

Brochures
 Quantity: 10
 Paragon Dept No: 17805
 Dept Name: Health Plan
 Company Number: 310

Order Total Price: 1.76

Item Number: MO-376
 Item Description: CARDIAC REHAB Rack Card
 Revision Date: 10/2018
 Print:
 Paper:
 Size:
 Fold:
 Finish:
 Drill:
 Misc Info: ds; color; bleed; 100# Cover



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 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.

Spec Info: