

McLaren Print System Order

Order No: 81086
Order Date: 2023-11-10
User: Dawn Caspers
Phone: 248-625-9099

Ship Location: Attn Dawn Caspers
5210 Highland Rd Suite 200
Waterford, MI 48327

Brochures
Quantity: 250
Paragon Dept No: 52556
Dept Name: McLaren Oakland Cardiovascular Institute-Waterford
Company Number: 310

Order Total Price: 33.00

Item Number: MO-376
Item Description: CARDIAC REHAB Rack Card
Revision Date: 5/2022
Print:
Paper:
Size:
Fold:
Finish:
Drill:
Poster:
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 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.