

# CARDIAC REHABILITATION

A MEDICALLY SUPERVISED  
PROGRAM FOR YOU



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PORT HURON

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## WHAT IS CARDIAC REHABILITATION?

Cardiac rehabilitation is a medically supervised outpatient program that provides education, monitored exercise, guidance and support to help you manage your heart condition and return to normal activities. The program is lead by a certified exercise physiologist trained in cardiac rehabilitation.

Cardiac rehabilitation provides opportunity for monitoring and better control of:

- Heart rate
- Blood pressure
- Blood oxygen levels
- Cholesterol
- Diabetes

Participants work with staff to develop an individualized plan, which includes evaluation and instruction on physical activity, nutrition, stress management and other health related areas to determine a safe and optimal exercise program and set their goals.

## WHO SHOULD PARTICIPATE IN CARDIAC REHABILITATION?

Anyone diagnosed with the following conditions could benefit from cardiac rehabilitation:

- Heart attack
- Angina

- Coronary artery angioplasty or stents
- Open heart surgery such as coronary bypass or valve surgery
- Heart failure
- Heart transplantation
- Left ventricular assist device (LVAD)

As with any exercise program, consult your physician (a prescription for cardiac rehabilitation is required). It is also important to check with your insurance provider.

## WHAT ARE THE BENEFITS OF CARDIAC REHABILITATION?

Regular physical exercise helps your heart and body get stronger and work more efficiently. It improves your energy level, lifts your spirits and increases confidence and well-being. Exercising regularly can reduce your chances of future heart problems including heart attack.

Cardiac rehabilitation improves stamina and strength, allowing you to resume normal activities including work, hobbies and regular exercise. It also improves communication with your cardiologist, primary or referring physician about your progress following your cardiac event.