



Locations



FLINT

McLaren Flint- 1 North
401 South Ballenger Highway
Flint, Michigan 48532
Phone: (810) 342-2085
mclaren.org/flint



FLINT

McLaren Lapeer
1375 N. Main Street
Lapeer, Michigan 48446
Phone: (810) 667-5500
mclaren.org/lapeer

*NOTE: Lapeer programs
may differ. Please call their
program for specific details.*

M-13011 (11.19)



CARDIAC
REHABILITATION
HEART HEALTH EDUCATION
AND EXERCISE



FLINT

DOING WHAT'S BEST.®

WELCOME TO MCLAREN'S CARDIAC REHABILITATION PROGRAM



If you have had a recent Cardiac Intervention (angioplasty and/or stent placement, heart attack, open heart and/or valve surgery) the Cardiac Rehab department has received an order from your doctor to begin Phase 2 Cardiac Rehab. Cardiac Rehab will contact you within approximately four weeks to schedule an appointment for an evaluation. This brochure will explain the exercise program in more detail. For further questions, or to see if you can schedule an appointment sooner, please contact the Cardiac Rehab department directly at 810-342-2085.

We look forward to helping you get on the road to a healthy heart. Thank you!

– McLaren Flint Cardiac Rehab Staff

Cardiac rehabilitation helps individuals return to the best possible health in the presence of heart disease. Emphasis is placed on helping participants increase their ability to handle cardiovascular activity and improve awareness of health problems. During cardiac rehabilitation sessions, participants are taught to identify how hard

they can exert themselves during exercise and while performing daily activities at home.

McLaren's Cardiac Education and Rehabilitation program promotes heart healthy living. In cooperation with a patient's primary care physician and/or cardiologist, a team of specialists specifically trained in cardiac rehab assist the patient in completing different phases of an educational and progressive activities program.

PHASE I:

The Phase 1 Cardiac Rehabilitation program is available to patients who are admitted to McLaren Flint for a heart condition. This phase of McLaren's Cardiac Rehab program emphasizes inpatient education with a gradual progression of activity. Patients receive individual instruction on a variety of cardiac topics. Along with individual education, vitals are taken while ambulating to insure proper discharge from the hospital.

PHASE II:

TELEMETRY MONITORED CARDIAC REHAB

The Phase II Cardiac Rehabilitation program is an outpatient program that is located at the medical center. This phase emphasizes modifying a patient's lifestyle to reduce cardiac health risks. A physician referral is required in order to attend this program. The following diagnoses are generally covered by medical insurance companies: coronary artery bypass, heart attacks, angioplasty or stent, stable angina, heart transplants or valve repair.

The rehab program consists of 18 to 36

sessions of an exercise program that is monitored by telemetry (heart monitor). Patients generally begin this rehab program 2 to 4 weeks after discharge from the hospital. Each patient will be required to attend three, one hour exercise sessions each week for the duration of their individualized cardiac rehab program. During this exercise program, patients are required to wear cardiac monitors which are supervised by McLaren's team of Cardiac Rehabilitation Specialists. Exercises include a warm up and cool down period that includes the use of treadmills, stationary bicycles, recumbent bicycles and steppers, rowing machines and arm ergometers.

MAINTENANCE PROGRAM

PHASE III:

This phase is insurance specific. Eligible recipients will be notified by Cardiac Rehab staff.

PHASE IV:

The Phase IV Cardiac Rehabilitation program is an outpatient exercise program located at the medical center. Phase IV is a private pay maintenance program where patients independently exercise and focus on their heart health. In this phase, blood pressure and heart rates are measured each session. Patients become part of a larger health community that focuses on keeping their hearts strong and healthy.

EDUCATION PROGRAM

Topics include heart healthy nutrition and stress management techniques.