What is Cardiac Rehabilitation?

Cardiac rehabilitation is an exercise and education program designed to improve your quality of life after you've had a heart attack or another heart problem.

Our program helps patients:

- Recover faster
- Exercise safely
- Manage their condition
- Develop a heart healthy lifestyle
- Reduce risk factors
- Return to a full and productive life

The program includes personalized exercise and educational programs to provide patients with the knowledge needed to make wise decisions about their health.

609 Medical Center Drive
Decatur, TX 76234

From US 287, take FM 51 South six-tenths of a mile.

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www.wiseregional.com
Who should participate in Cardiac Rehabilitation?

Cardiac Rehabilitation — also called Cardiac Rehab — is an option for people of all ages and with many forms of heart disease.

You may benefit from Cardiac Rehabilitation if your medical history includes:

- Coronary artery disease (Heart disease)
- Myocardial infarction (Heart attack)
- Congestive heart failure
- Bypass surgery or any other type of heart surgery
- A cardiac procedure, such as a balloon stent placement (PTCA)
- Heart transplant (Before or after)

If you are not sure, ask your physician if you would benefit from Cardiac Rehabilitation.

How do you start the program?

To start the Cardiac Rehabilitation program, you must have a prescription (order) from a physician with the appropriate diagnosis. Cardiac Rehab is covered by Medicare and most private insurances.

After an order is received and insurance coverage is verified, your financial responsibility will be explained and an assessment will be scheduled.

How does the program work?

Following the initial assessment, in which health information is gathered and a treatment plan is developed, you may choose a class time that best fits your schedule.

The classes are on Monday, Wednesday and Friday at several times throughout the day. Each class lasts approximately one and one half hours. The program is generally 12 weeks, however the duration of the program and class times are flexible.

Quick Fact:

Both the American Heart Association and American College of Cardiology recommend cardiac rehabilitation programs.

During the exercise portion of the class, your vital signs and heart rate/ rhythm will be monitored by advanced telemetry equipment. Weekly education classes cover a variety of relevant topics including heart anatomy and procedures, nutrition, exercise and more.

What happens after Rehab?

Following completion of Phase II Cardiac Rehab, you may join our Phase III Wellness Program. The Phase III program is supervised by a professional staff member and allows you to continue your exercise, but you are no longer monitored with telemetry equipment. The Wellness program allows you to set your own schedule and to exercise with a group or as an individual.

If you are unable to join the Phase III program, guidelines will be developed for a home exercise program.

The Cardiac Rehab team

The Cardiac Rehabilitation team consists of registered nurses, a registered respiratory therapist, an exercise physiologist, a monitoring technician and insurance clerks. Registered dieticians, social workers, pharmacists and our medical director are also available to assist, when needed.