



# CARDIAC REHABILITATION PROGRAM

# Count on us.

## To help your cardiac patients rehab quickly and safely.

Meet Samantha Thomas. Samantha came for her Cardiac Rehab initial assessment and orientation on June 6, 2023. Samantha had reservations about her ability to participate in our program. She was suffering from severe knee pain requiring frequent injections, daily tasks were a struggle and weight loss had been a challenge. Samantha officially started the program July 5, 2023. Samantha has participated in our program for nearly 3 months, attending 3 days per week and attended the nutrition class with our registered dietitian. Her knee pain is minimal, she states her daily tasks are getting easier and she has already lost 28.4 pounds since starting cardiac rehab. Samantha is taking full advantage of the TCRH Cardiac Rehab program and what it has to offer.

**From the routine to the unforeseen, count on us.**

To learn more or make a referral, call **276.236.1763**



A Duke LifePoint Hospital

199 Hospital Drive, Galax, VA 24333 | [TCRH.org](https://www.tcrh.org)

## Cardiac Rehabilitation – Program Overview

Cardiac rehabilitation is a medically supervised program designed to help patients recover quickly and safely after a cardiac event. Participation in a cardiac rehab program reduces the risk of developing future heart problems. Our goal is to help patients return to an optimal quality of life with improved heart health.

We offer two programs:

### Phase 2 – EKG Monitored Program (covered by most insurance)

Started early in recovery after a cardiac event or procedure, this program includes:

- Education to understand and manage heart disease, including cardiac risk factor identification and modification.
- An individualized exercise program to safely improve the heart's function and build strength and endurance. Exercises include stretching, range of motion, cardiorespiratory exercise (treadmill, stationary bicycle, NuStep etc.) and strength training.
- Information on physical activity guidelines.
- Emotional support.

### Phase 3 – Cardio Direct Exercise Maintenance Program

“Self-pay” program for patients who have completed Phase 2 cardiac rehab, this program includes:

- Non-EKG monitored exercises.
- Ongoing exercise, education and support while encouraging important lifestyle changes.

**A physician referral is required.**

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