

Putting your heart into it!

Doug Forester was enrolled in TCRH's cardiac rehab program after coronary artery bypass surgery this year. He was monitored during each session and continued his exercise by walking on his treadmill at home and living a very active lifestyle. But during one of Doug's sessions, he reported pain across his shoulder blades while on the treadmill. The staff worked with Doug to adjust his workload, but he continued to show signs that something was not right. The staff encouraged Doug to seek further evaluation in the ER. **Doug was having a heart attack.** From there, Doug was transferred to another facility for surgery and has returned to rehab to continue his therapy and recovery.

"I could have easily decided to forgo rehab services after my initial surgery, but I'm so glad I trusted the staff at TCRH for my care. Without them, it might have turned out differently for me."

-Doug Forester



TWIN COUNTY

Regional Healthcare

To schedule an appointment call 276.236.8181