



Cardiac and Pulmonary Rehabilitation

Getting started.

Oaklawn Hospital's Cardiac and Pulmonary Rehabilitation programs offer a progressive education and exercise program for patients who have had heart attack, transplant, coronary stenting, or who suffer from chronic lung disease such as COPD, emphysema, asthma and chronic bronchitis. Start by scheduling your initial orientation. At this appointment we will obtain your medical history, perform a baseline assessment, set your personal goals, and tour the facility.

Ricketson Medical Building



OaklawnHospital

Cardiac & Pulmonary Rehabilitation

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OaklawnHospital

ADVANCING MEDICINE
COMPASSIONATE CARE

Cardiac and Pulmonary Rehabilitation

“A strong, positive mental attitude will create more miracles than any wonder drug.”

- Paricia Neal, actress and stroke patient



What is Cardiac Rehabilitation (CR)?

CR is an outpatient exercise program that helps recovering heart patients resume as normal a life as possible. Our team of medical professionals will provide education and help set goals for your recovery, then assist you in reaching them as you improve conditioning, gain strength, and build confidence.

How does it work?

Oaklawn Hospital offers two levels of cardiac rehabilitation.



Phase II is a 3-18 week outpatient program focused on educating you about your condition and placing you on a monitored exercise routine. Generally it begins a few weeks after initial discharge from the hospital. Educational classes cover cardiac medications, nutrition, stress management, risk-factor management, heart anatomy and disease, and exercise guidelines.

A personalized exercise program will also be developed for you to increase your heart and muscular function. Each session will consist of arm and leg exercises that will use treadmills, bikes, seated steppers, arm-ergometers, and free weights. Upon completion of the Phase II program you will be eligible to enroll in our Phase III program.

Phase III is a self-pay supervised exercise program designed to maintain the cardio-vascular conditioning that you attained in Phase II. Our staff will continue to monitor your blood pressure and motivate you to maintain your heart healthy lifestyle.

What is Pulmonary Rehabilitation (PR)?

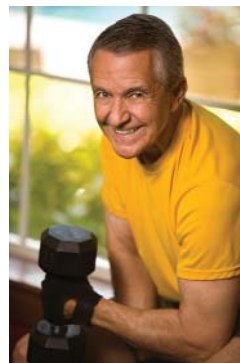
PR is a monitored outpatient program designed to help you with self-management of your lung disease. You will gain knowledge about your condition while improving your strength and endurance and building self-confidence.

How does it work?

Oaklawn Hospital offers two levels of pulmonary rehabilitation.

Phase II is a 3-18 week outpatient program focused on educating you about your condition and placing you on a monitored exercise routine. Educational classes include: lung anatomy disease, relaxation and breathing retraining, oxygen therapy, medications, nutrition, stress management, and energy conservation and work simplification.

Your supervised exercise program will help you increase your lung efficiency, muscular strength, and stamina. Each session will consist of arm and leg exercises that will use treadmills, bikes, seated steppers, arm-ergometers and free weights.



“Our staff will not only help you with the physical rehab, but also work to ensure each patient maintains a strong, positive mental attitude.”

Upon completion of the Phase II program you will be eligible to enroll in the Phase III program. Phase III is a self-pay supervised exercise program designed to maintain the fitness you attained in the Phase II program. Our staff will continue to oversee your exercise routine, monitoring your oxygen needs, blood pressure and heart rate, while providing encouragement to keep working on your strength and endurance.

