

# CARDIAC REHABILITATION



**Monroe  
Clinic**

# WHAT IS CARDIAC REHABILITATION?

Cardiac Rehabilitation (rehab) is a program for patients who have faced a cardiovascular event or condition. The goal of our program is to guide patients in reaching their personal best in physical, mental and social function. By participating in a medically supervised exercise program while learning to make healthy lifestyle choices, patients can effectively lower their cardiovascular risk while improving their healthy, energy and quality of life.

## WHY EXERCISE?

Our program combines resistance weight training and aerobic activity through a personalized exercise program. Weight training enhances muscular strength and endurance, helps decrease body fat composition and improves all risk factors to heart disease. Aerobic exercise increases a person's oxygen use, thereby training the heart to pump blood more efficiently while promoting other beneficial changes, such as:

- improving cholesterol, blood pressure, and resting heart rate level
- increased muscle tone and endurance
- control over weight and diabetes, along with proper diet
- increased bone strength and reduced risk of osteoporosis
- maintenance of independence and reduced risk of falls
- better management of stress level

# WHO IS ELIGIBLE FOR CARDIAC REHAB?

Cardiac rehab is for individuals who simply need to lower their cardiovascular risk factors or for those who have experienced a cardiovascular event or disease, such as:

- heart attack
- stent placement or angioplasty
- heart surgery (i.e. bypass or valve replacement/repair)
- stable angina
- heart transplant
- coronary artery disease
- peripheral vascular disease
- cardiomyopathy
- heart failure

Our program is open to patients of Monroe Clinic, as well as those who receive medical treatment at other healthcare facilities. Entry into the program requires a referral by the participant's doctor and a preliminary evaluation.

# THREE PHASES OF CARDIAC REHAB

Monroe Clinic's Cardiac Rehab team works with your doctor to determine which phase of the program is best. Your diagnosis and recent heart health event are considered.

## PHASE I

Phase I begins when the patient is in the hospital and includes:

- ambulation: slowly increasing the patient's activity level until he/she is ready to be discharged.
- education: teaching the patient about managing cardiovascular disease, increasing activity and controlling his/her risk factors during recovery.

## PHASE II

Phase II follows hospital discharge from a cardiac event and includes three weekly, 1½ -hour sessions of exercise and education at Monroe Clinic's Monroe campus. During the exercise program, we monitor the participant's heart rate and blood pressure in addition to telemetry (similar to EKG) monitoring and education classes. Our facility is equipped with a variety of exercise machines to meet our participant's comprehensive workout needs. Exercise routines include weight training and aerobic components. Our experienced cardiac rehab team of nurses, exercise physiologists, dietitian, along with other specialists, facilitate the educational portion of each session.

## PHASE III

Phase III allows for health maintenance and independent exercise in a group setting. All sessions continue to include heart rate and blood pressure monitoring with a cardiac rehab specialist present. Phase III is open to all individuals who would like to invest in a supervised exercise program.

*Note: Participants are responsible for the Phase III monthly fee.*

## STRESS MANAGEMENT

Weekly educational sessions teach participants how to reduce strain on their hearts by utilizing stress management techniques. These sessions are open to all Phase II and III participants.

## CARDIAC SUPPORT GROUP

Our support group allows individuals and their families to share their experiences with others as they deal with heart disease, along with an opportunity for education by our staff. This free support group is designed to encourage and support individuals with heart conditions and their families.

## INSURANCE AND HEALTH PLANS

Many insurance companies cover Phase I and Phase II sessions; however, most insurance companies do not cover Phase III sessions. With any phase, participants should first contact their insurance provider to verify coverage. Monroe Clinic participates in a large number of traditional insurance plans, managed care health plans, Medicare and Medicaid. Financial counselors are available to discuss payment options and regional supplemented program eligibility for those with reduced incomes.



## CONTACT US

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