

The Cardiac Fitness Program at Ohio Valley Hospital

The Cardiac Fitness Program at Ohio Valley Hospital is a premiere rehabilitation program specializing in a person's recovery from:

- Heart attack
- Coronary artery bypass surgery
- Angioplasty
- Stable angina
- Heart failure

Our multiple-disciplinary approach modifies your potential risk factors and assists you in your recovery process by utilizing a combination of exercise and education.



Cardiac Fitness Program

at Ohio Valley Hospital

We are located on the fourth floor of the Hospital.

Our Phase II and III classes are held Mondays, Wednesdays, and Fridays.

If you or your doctor think the Cardiac Fitness Program at Ohio Valley Hospital is right for you, please call us at **412-777-6849**.

If you reach our answering machine, please leave a message and a staff member will return your call as soon as possible.

Ohio Valley
HOSPITAL
Close, like family.

25 Heckel Road
McKees Rocks, PA 15136
412-777-6849
www.ohiovalleyhospital.org

Cardiac Fitness Program

at Ohio Valley Hospital



Ohio Valley
HOSPITAL
Cardiology Services

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Cardiac rehabilitation is a three phase program. Our Cardiac Fitness Program primarily covers Phases II and III.

□ Phase I

Phase I is completed while you are in the Hospital recovering from your cardiac incident. This first phase is performed by nurses or physical therapists in the Intensive Care, Acute Rehabilitation, or other units during your stay. This phase consists of practicing:

- range-of-motion
- hall-walking
- stair-climbing

□ Phase II

After discharge from the Hospital, your doctor may refer you to join our outpatient Cardiac Fitness Program. This is Phase II, and it helps get you back to a healthy and full lifestyle...and aims to keep you there! This phase includes exercise in our Cardiac Fitness Center, education on exercises and healthy habits, and individualized nutrition counseling sessions with our Outpatient Dietitian.

□ Phase III

Our final phase is one that is voluntary but extremely beneficial to those who have completed Phase I and Phase II. Once the initial 12-week monitored session has finished in Phase II, you have the option of continuing on at the OVH Cardiac Fitness Center in Phase III. This is a non-doctor monitored program which continues the exercise, education and individual counseling of Phase II. Many of our Phase I and Phase II participants have stayed in Phase III for over a decade!

Program Benefits

The Cardiac Fitness Program is designed to promote and facilitate your recovery physically and emotionally. This includes:

- Developing an individualized plan for each participant
- Introducing methods to modify your cardiac risk factors
- Increasing your overall activity abilities with an emphasis on cardiac fitness muscle flexibility, and conditioning
- Encouraging healthy lifestyle habits



How Does the OVH Cardiac Fitness Program (or Phase II) Work?

Our goal is to help you focus on individual progressive exercise during your rehabilitation. You will wear a portable heart monitor which allows the staff to monitor your heart rate and heart rhythm while you are exercising.

Exercise Sessions

- 1 hour sessions
- 3 days each week
- 12 weeks

Exercise

You will use stationary bikes, treadmills, and other exercise equipment at different intensities while the staff monitors your heart rate and rhythm with the goal of enhancing your heart health.

Accommodations

For your convenience, locker room facilities and showers are available.

Education

We don't just want to rehabilitate your heart and exercise levels, we want to keep you healthy. To help you understand and modify your risk factors, our staff will discuss the following with you:

- Nutrition and cholesterol management
- Hypertension
- Smoking
- Exercise
- Stress management.

Progress Reports

We'll keep you and your doctor up-to-date with regular progress reports during Phase II.

Insurance

Most insurance companies reimburse a portion of the cost. We encourage you to call your insurance provider and ask:

"Does my coverage include the cost of an ECG-monitored outpatient cardiac rehabilitation program?"

and

"What specific amount is covered for cardiac rehabilitation?"