

Cardiac Rehabilitation – Phase II

WHO?

Riverside Medical Center's Outpatient Cardiac Rehabilitation program is a comprehensive program that specializes in the rehabilitation of adults recovering from coronary artery bypass or valve surgery, heart attack, angioplasty or stent placement, combined heart-lung transplant and those individuals who have stable angina.

The program is designed to not only increase the heart's efficiency and aerobic (oxygen) capacity but to also provide positive lifestyle changes through education and promotion of heart healthy habits that reduce the risk of future problems.

WHAT?

Individuals who attend cardiac rehabilitation receive an initial evaluation prior to starting the exercise program. The program consists of exercise sessions on Mondays, Wednesdays and Fridays for approximately 1 hour, along with additional time allotted for education about healthy lifestyle behaviors.

WHERE?

The facilities are located in the newly remodeled area on the 4th floor of the 500 N.Wall Street building, attached to Riverside Medical Center. Treadmills, stationary, recumbent and airdyne bicycles, arm ergometers, nu-steps, hand weights and an elliptical machine are used for the exercise portion of the program.

STAFF:

The Cardiac Rehabilitation Department is staffed by specially trained cardiac nurses and technicians who are ACLS (Advanced Cardiac Life Support) certified. The professional team keeps your cardiologist informed of your progress during the program.

HOW?

The program must be ordered by your cardiologist and is covered by Medicare and most insurance companies. Please contact your physician if you are interested in attending, or contact our department at (815) 935-3271. We look forward to serving you.

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