

Cardiac Rehabilitation

The Cardiac Rehabilitation program at Midland Memorial Hospital provides care from the hospital to home. Cardiac Rehabilitation – also called cardiac rehab – is a personalized program of exercise and education. Cardiac Rehab programs have proven to significantly increase your chances of survival.



The goals of cardiac rehab are to help you regain strength, to prevent your condition from becoming worse and to lower your risk of future heart problems. These goals help add up to a better quality of life.

Inpatient cardiac rehab provides educational information and "survival skills" you will need to make healthy life style choices.

Outpatient cardiac rehab offers individually designed exercise programs to help our patients make a full recovery and return to an active, healthy life. Your cardiac rehabilitation team will set up a program for you dependent on your specific health condition(s) and goals. Most programs last one to three months. During that time, you may work with your cardiologist, the cardiac rehabilitation staff, a dietician, or other members of the team.

Outpatient Cardiac Rehabilitation includes:

- Nursing assessment
- Constant heart monitoring
- Blood pressure monitoring
- Individualized exercise prescription
- Strength training
- Referrals to dietary or diabetic classes
- Educational information and guidance
- Support

You may benefit from cardiac rehabilitation if your medical history includes:

- Heart attack
- Coronary artery disease
- Chest pain (angina)
- Coronary artery bypass surgery
- Angioplasty and stents
- Heart valve replacements
- Heart transplant



If you had a heart attack or heart surgery, or if you have another heart condition, ask your doctor about joining a cardiac rehabilitation program. Although studies show that these programs can better your quality of life and help you live longer, many people are not aware that cardiac rehabilitation programs are available. Insurance and Medicare often cover the costs.

One of the most valuable benefits of cardiac rehabilitation is an improvement in your overall quality of life. If you stick with your cardiac rehab program, you're likely feel better than before.

For more information on this physician-prescribed program, call Midland Memorial Hospital Cardiac Rehabilitation at 432-685-1650 or 432-684-6602.