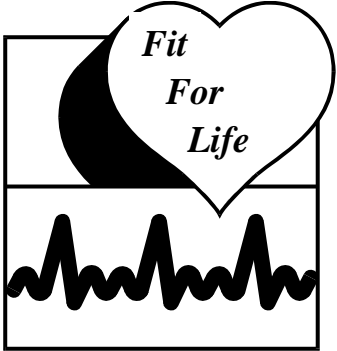


6904 Providence Park Drive  
 Mobile, AL 36695  
 (251) 639-2090  
 Fax: (251) 639-2091

  
**PROVIDENCE HOSPITAL**  
 Rehabilitation & Wellness Center

# Cardiac & Pulmonary Rehabilitation



(251) 639-2090

## Reduce Your Risks With Cardiopulmonary Rehabilitation

Cardiopulmonary Rehabilitation programs are monitored by a physician, RN's, Exercise Physiologists, and are known to speed your recovery and reduce your chances of future problems.

### Cardiac Rehabilitation Includes:

- ♥ Pre program assessment. May include exercise and cholesterol test.
- ♥ Exercise prescription and consultation with a Certified Exercise Physiologist
- ♥ Exercise sessions supervised by MD's, Certified Exercise Physiologist & CV Nurses
- ♥ Clinical monitoring during exercise
- ♥ Convenient morning and evening classes as well as aquatic classes available
- ♥ Weekly education topics and optional on-line education program
- ♥ Complete cardiac emergency equipment and trained personnel on-site for your safety

## What Happens in a Rehabilitation Program?

- ♥ You will exercise using a treadmill, bike, rower, upper body cycle, or in a heated pool.
- ♥ You will be monitored by a RN, Exercise Physiologist and physician for change in symptoms.
- ♥ You will start slowly, following a safe exercise program that gradually helps you to become stronger
- ♥ You will gradually move into a more intensive program that lets you work longer and harder.
- ♥ You will have your heart rate, blood pressure and EKG monitored closely.

### Goals

- ♥ Improve cardiopulmonary health
- ♥ Establish safe and effective exercise practices
- ♥ Prevent future cardiac events
- ♥ Modify risk factors as high blood pressure, high cholesterol and high blood glucose.
- ♥ Decrease symptoms of heart disease
- ♥ Return to employment & recreational activities.
- ♥ Manage emotional stress
- ♥ Increase energy.

## Costs

Insurance Verification Services Provided for your Convenience.

## Eligibility

Anyone with a diagnosis of:

1. AMI (heart Attack)
2. CABG (Heart Bypass Surgery)
3. Stable Angina
4. COPD (Chronic Obstructive Pulmonary Disease)
5. Emphysema
6. Chronic Bronchitis
7. Asthmatic Bronchitis

Alternative programs available for other conditions.

**For More Information Call the  
Admissions Coordinator at  
(251) 639 - 2090**

**[www.providencehospital.org](http://www.providencehospital.org)**