

Cardiac Rehab Service

If you have a certain heart condition, we are here to help you make a good recovery and improve your heart health.

After you leave hospital, you will be invited to a clinic to see a cardiac rehabilitation nurse. You will have an assessment and get information about your heart condition, advice about lifestyle changes and a plan for your recovery.

You can bring someone with you to your appointment and it would be really helpful if you could also bring a list of your current medication.

What will I learn?

You will get information about:

- Cardiac conditions and treatments
- Cardiac medications
- Cardiac risk factors
- The exercise programme
- Keeping your heart healthy

Contact Details

For further information or advice contact the service on **01482 247111** asking for Cardiac Rehabilitation.

For comments or concerns please contact:

Customer Care Team

City Health Care Partnership CIC
5 Beacon Way
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If you would like this document in an alternative language or format, such as audio tape, large print or Braille, please call: **01482 347649**

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Cardiac Rehabilitation Service

Increasing your physical activity is a very important part of recovery if you have certain heart conditions.



Cardiac Physiotherapy Rehabilitation Service

If you have chosen to take part in an exercise programme, a cardiac physiotherapist or exercise professional will assess your current fitness level.

We will design an exercise programme specific to your needs and goals. As well as a supervised programme, you can do exercise at home to help with your long-term fitness.

Your first appointment with the physio team will be for an assessment; it takes about an hour. They will ask about your health and activity levels and you may be asked to do a walking or biking assessment.

If you are prescribed an inhaler, oxygen or GTN spray please bring this with you.



How will my exercise programme help me?

- Improve heart muscle strength and circulation to use oxygen more efficiently
- Reduce breathlessness and angina
- Improve sleeping patterns
- Give you confidence to be more active and feel fitter
- Reduce blood pressure and heart rate
- Feel more positive
- Teach you how much activity is safe for you
- Lose weight
- Lower cholesterol levels

What happens in the classes?

- A gentle warm up session consisting of exercises and stretches led by a physiotherapy team
- A circuit of exercises tailored for you supervised by physiotherapy staff. After each exercise your heart rate will be checked and you will be asked to rate your level of exertion
- Cool down through gentle walking and stretches

After you've completed your exercise programme, the physiotherapy and nursing teams will re-assess your fitness.

We can advise you on long-term activities to help you live a healthier life.