

Why do I need to come to the department?  
I could exercise at home

Every aspect of our program is designed to speed up your recovery. If required you will be connected to ECG monitoring. Your blood pressure and workload will be tracked. You will be closely supervised and any concern about your body's response to exercise would be relayed by your therapist. Our goal is to help cardiac patients regain good health, so that they can efficiently manage tasks of daily living, can return to work and recreational activity.



DR. SURESH ADVANI'S

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# CARDIAC REHABILITATION



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Cardiac Rehabilitation is a medically supervised monitored program that helps to improve the health and well-being of people with heart problems



## BENEFITS

- It helps in recovery after a Heart attack/Bypass Surgery/Angioplasty
- Helps in lifestyle modification, improving health & quality of life.
- It prevents and controls risk factors.

## WHO NEEDS CARDIAC REHAB ?

- Post CABG (Bypass Surgery)
- Post Angioplasty
- Post Myocardial infarction (Heart Attack)
- Valvular Heart Surgery
- Peripheral Vascular Disease

## CARDIAC REHAB PROGRAM

- Phase 1 : Monitored exercise program in ICU & ward.
- Phase 2 : Out patient program with monitoring including aerobic training, strength training & flexibility.
- Phase 3 : Helps patients' to return to work and / or previous level of fitness.

## HOW TO PREVENT HEART ATTACKS

