

Cardiac Rehabilitation

The time following a cardiac illness is difficult physically and mentally. Cardiac rehabilitation at Heart Center of the Rockies is a four-part program intended to help you learn about healthy heart maintenance and return to the work, recreation, and hobbies you enjoy.

Expertise in Matters of the Heart

Cardiac Rehabilitation programs are tailored to fit each individual's needs, combining supervised aerobic exercise with education about nutrition, stress management, and other aspects of heart disease. Patients begin rehabilitation during their hospital stay and continue after discharge. Special programs help patients with congestive heart failure and those who need additional help meeting fitness goals.

Phase One: Cardiac Rehabilitation for Inpatients

Cardiac illness requires a number of lifestyle adjustments. Education is provided for patients about how to identify and meet their heart health needs prior to leaving hospital care.

Education

- Anatomy and physiology of the heart
- Understanding heart disease
- Cardiac risk factors
- Guidelines for returning home
- Reviewing/changing eating habits
- Activity and exercise guidelines
- Stress management
- Smoking cessation
- Medication review and education



Medical Social Work

- Counseling support available on request

Phase Two: Cardiac Rehabilitation for Outpatients

After hospital discharge, patients come to cardiac rehab for more specialized information and begin a maintenance program of exercise, diet and stress management.

Exercise (three times a week)

- Duration of program based on individual need
- Designed to meet individual endurance/fitness needs
- Supervised by a nurse and exercise therapist; cardiologists available each exercise session

- Telemetry to monitor heart rhythm

Education (once a week)

- Cardiac disease
- Modifying cardiac risk factors
- Heart-healthy diet
- Benefits of exercise
- Emotional adjustment
- Medicines

- Questions and answers with a cardiologist

Stress Management (once a week)

- Recognize stressors
- Develop coping skills
- Biofeedback

Movement Classes (once a week or more)

- Yoga
- Qi Gong
- Tai-Chi

Phase Three: Cardiac Rehabilitation

This is a comprehensive cardiac rehab exercise program that incorporates the expertise of exercise therapists, cardiac nurses, a registered dietitian,

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Heart Center of the Rockies, the region's premier heart center, is dedicated to providing a comprehensive program of advanced cardiovascular care throughout Colorado, Wyoming and western Nebraska.

and a rounding cardiologist. The class is designed for individuals for whom closer monitoring may be appropriate. Heart rhythms are monitored using ECG technology once per month, and exercise prescriptions are updated weekly.

Phase Four: Higher Intensity Cardiac Rehabilitation for Outpatients

Some outpatients benefit from increased endurance and higher activity levels.

Exercise (three times a week)

- One hour sessions
- Individually designed
- State-of-the-art exercise equipment
- Walking/jogging program and weight/strengthening exercises

Congestive Heart Failure Rehabilitation

Medical research shows that low-intensity exercise helps people with heart failure improve their strength, stamina and quality of life. Early management helps slow the progression of heart failure and can prevent frequent hospitalization. CHF rehabilitation is conducted in one-hour sessions, three times a week, and is designed to help you reach your potential for independence through:

- Medically supervised exercise program
- Medication management
- Dietary instruction
- Fluid management
- Telemetry to monitor heart rhythm one time per month
- CHF support group

The Attack Pack

This group of enthusiastic cardiac rehab patients is a familiar sight at local races and around Fort Collins. They meet monthly for exercise, a heart-healthy breakfast, and camaraderie. The Attack Pack welcomes people of all ages, interests and exercise abilities. Please ask the cardiac rehab staff for more information.

Other specialty classes are available:

- Conditioning
- Strength Training
- Fitball Class
- Yoga
- Preventative Heart Disease

Cardiac Rehabilitation

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