

Look No Further™

# Cardiac Rehabilitation

Advances in the treatment of heart disease are allowing people to regain their health and their activities. Stanly Regional Medical Center's Cardiac Rehabilitation staff helps people build new and invigorating lives and healthier hearts.

The Cardiac Rehabilitation team works closely with program participants and their personal physicians to develop individual treatment plans that support optimal recovery and rehabilitation. The rehabilitation staff consists of physicians, registered nurses, exercise specialists, a registered dietitian, psychologist and vocational rehabilitation counselor. The Cardiac Rehabilitation Program at Stanly Regional Medical Center is fully certified by the North Carolina Department of Health and Human Services and nationally certified by the American Association of Cardiovascular and Pulmonary Rehabilitation. Working with the Stanly County Family YMCA, participants benefit from the resources of two organizations that focus on health and wellness.

## Program Components

### **Assessment and Participation**

Upon admission, participants undergo an assessment of their medical, dietary, psychological, exercise and vocational status. Based on initial assessments, an individualized prescription is prepared for each participant including an exercise program as well as nutritional, psychological and vocational counseling. Participants enter the program through a referral from the healthcare provider, and each participant's cardiologist and primary care provider are given progress updates at regular intervals throughout the program.

## **Exercise**

Participants are given individualized exercise plans. One hour, physician-supervised classes are held three times a week. Response to exercise is carefully monitored by intermittent ECG monitoring, blood pressure responses, heart rate and rhythm and perceived level of effort during exercise. Participants build slowly and progressively toward 10 minutes of stretching and strength-building exercises, 35-40 minutes of aerobic activity and 10 minutes of stretching and relaxation.

## **Education**

Participants and their families are provided with educational opportunities to assist them in understanding their cardiovascular disease and in making lifestyle changes to modify risk factors and prevent disease progression.

## **Stress Management**

Participants can learn relaxation techniques and strategies for coping with stressful situations.

## **Therapy Sessions**

Therapy sessions are held Mondays, Wednesdays and Fridays from 7 a.m. to 8 a.m. at the Stanly County Family YMCA located at 427 North First Street in Albemarle. Most insurance plans cover cardiac rehabilitation.

For more information on the Cardiac Rehabilitation Program, call (704) 984-4586.



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This brochure is solely intended to provide educational information to patients, families and their physicians.

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