

Cardiac Rehabilitation at OHSU

Cardiac Rehabilitation is extremely important to your recovery after a heart attack, heart procedure or heart surgery. It provides medically monitored exercise, education and counseling that enables you to return to your regular and recreational activities as soon as possible. Cardiac Rehabilitation also teaches you the skills necessary for adopting healthier eating, stress management and lifestyle habits.

Continuing a safe exercise program is an essential part of resuming a healthy lifestyle.

Benefits of regular exercise include:

- Reducing stress during recovery
- Increasing your feelings of well-being and energy
- Helping your heart and lungs work more efficiently
- Reducing your risk of developing heart disease
- Increasing your muscle strength and flexibility
- Controlling your appetite and managing your weight

Cardiac Rehabilitation is divided into three phases:

PHASE I begins when you are still in the hospital. You will meet with a Cardiac Rehabilitation staff member and learn about the role of exercise in your recovery. You will also learn about cardiac medications, nutrition and tobacco cessation from other members of your health care team.

PHASE II begins when you leave the hospital. You will participate in medically monitored and closely supervised exercise. You will work on gradually increasing your activity level and exercise capacity. Phase II typically lasts for 36 visits (three times per week for 12 weeks).

PHASE III is a long-term maintenance program. If you have completed Phase II, you may opt to enroll in Phase III for continued supervision. The Cardiac Rehab team will set up an exercise program for you to carry out at home or in the gym.

Attached you will find a list of some Cardiac Rehabilitation programs in Oregon and Washington.



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CARDIOVASCULAR
INSTITUTE

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