



MARTHA'S VINEYARD
HOSPITAL

One Hospital Rd, PO Box 1477, Oak Bluffs, MA 02557

Welcome To Cardiac Rehabilitation

Congratulations in choosing to be an active participant in your recovery and welcome to Martha's Vineyard Hospital's Cardiac Rehabilitation Department. Our program is designed to gradually recondition your heart, as well as your muscles, after your heart attack, open-heart surgery, angioplasty, stent or related procedure.

We have designed exercise and educational information to assist you in your recovery and in your heart-healthy lifestyle. Our program lasts anywhere from 4 to 12 weeks, although this may be modified by your needs, the recommendations of your physician, and your insurance coverage.

Exercise Sessions:

Monday • Wednesday • Friday (7:30 a.m. • 9:00 a.m. • 10:30 a.m)

Consistency is vital to your recovery, therefore regular attendance is expected.

- Please wear comfortable clothing and appropriate footwear to your session.
- Take all medications as prescribed prior to your session.
- Insulin dependent diabetic patients should bring their glucometer and an appropriate snack to class in the event of a hypoglycemic reaction.

Exercise Equipment Available:

- Treadmills
- Stationary bicycles
- Arm ergometers
- Rowing machine
- Weights

Your heart rate, rhythm, blood pressure as well as tolerance to the exercise will be monitored continually throughout your session. An individualized exercise prescription will be planned for you to meet your goals of cardiac rehabilitation.

Your progress will be monitored and evaluated. A summary of this information will be in your chart and regular updates will be sent to your physician.

Your assigned class time is _____

We look forward to being a part of your new heart-healthy life style.