

Benefits of Cardiac and Pulmonary Rehab Programs

Cardiac Rehab:

- Improvement in exercise tolerance
- Improvement in symptoms
- Improvement in blood lipid levels
- Reduction in cigarette smoking
- Improvement in mental well-being and reduction of stress
- Decreased risk of heart attack

Pulmonary Rehab:

- Improvement in exercise tolerance
- Improvement in symptoms
- Improvement in health-related quality of life
- Reduction of number of hospitalizations and number of days hospitalized

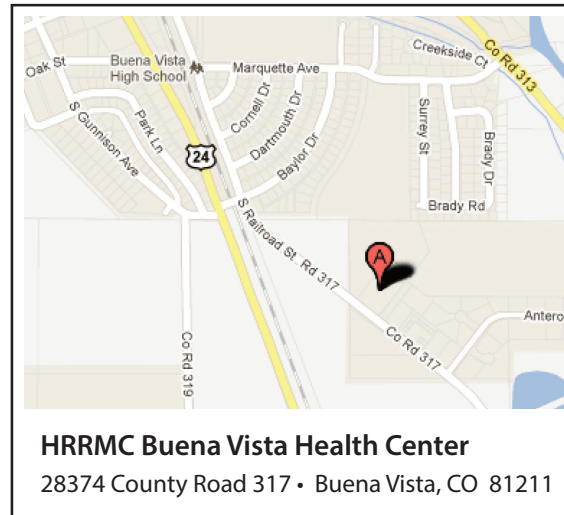
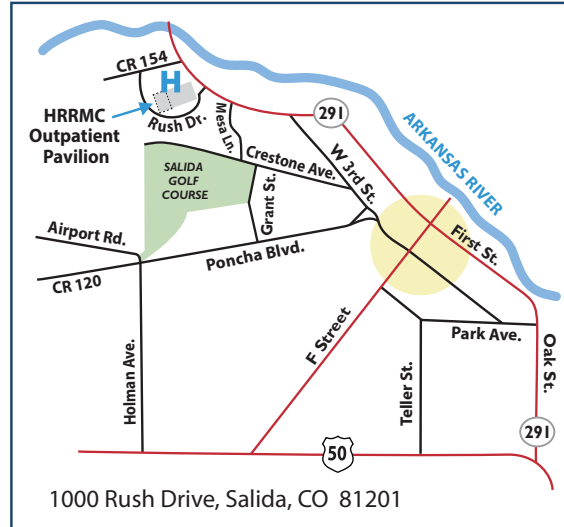
Call 719-530-2280 for more info
or to make an appointment.



HRRMC cardiac rehab graduate Philip Myers and his wife, Sally.

Office Locations

Cardiac and pulmonary rehab services are available on the hospital campus in Salida and at the HRRMC Buena Vista Health Center.



HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

The heart of healthcare

Cardiac and Pulmonary Rehabilitation



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HEART OF THE ROCKIES
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Cardiac and Pulmonary Rehab

HRRMC provides outpatient services for those affected by heart and lung disease. Our Cardiopulmonary Department specializes in helping patients learn how to exercise safely after a heart attack or heart surgery, or those suffering from chronic lung disease.

Our programs include supervised exercise sessions, education and counseling, and access to healthcare professionals whose primary focus is to help you improve your health and lower your risk for future problems.

HRRMC's Cardiac Rehab program is nationally accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).



Cardiac Rehab

What is cardiac rehab?

Cardiac rehab is a professionally supervised program that helps people learn how to exercise safely in order to regain strength and endurance after a heart attack or heart surgery, such as a bypass graft, stent, angioplasty or valve replacement.

Would I benefit from a cardiac rehab program?

If you've had a heart attack, heart condition, or heart surgery, you could benefit greatly from this program!

What can I expect in a rehab session?

First, you will go through a thorough medical evaluation by a specially trained physician. This evaluation will help the team tailor a program just for you. Next, we'll create your exercise program. Your training may be done one-on-one or in a group setting. Your heart rate and blood pressure will be monitored during all physical activity. Education on your condition and ways to manage it will be included in each session.

How long do programs typically last?

Programs can last from 12-36 weeks depending on a patient's circumstances and goals. Each session is one-hour long.

Will insurance cover cardiac rehab?

Coverage varies with the type of insurance you have.

Pulmonary Rehab

What is pulmonary rehab?

Pulmonary rehab programs offer substantial benefits in improving lung function, reducing symptoms and enhancing the quality of life for those suffering from chronic lung disease or asthma.

Would I benefit from a pulmonary rehab program?

Anyone suffering from COPD, emphysema, chronic bronchitis, asthma or other lung diseases, could benefit from a pulmonary rehab program.

What can I expect in a rehab session?

First, you will go through a thorough medical evaluation by a specially trained physician. This evaluation will help the team tailor a program just for you. Next, we'll create your exercise program. Your training may be done one-on-one or in a group setting. Your lung function and breathing will be monitored during all physical activity. Education on your condition and ways to manage it will be included in each session.

How long do programs typically last?

Programs can last from 12-36 weeks depending on a patient's circumstances and goals. Each session is one-hour long.

Will insurance cover pulmonary rehab?

Most insurance will cover 80% of pulmonary rehab charges. If you have a supplemental policy, it will usually cover the outstanding 20%.

