



# Cardiac

# Rehabilitation

## Important Information

SportsMed Subiaco has created a safe & effective Cardiac Rehabilitation Program for individuals who have experienced a cardiac event or undergone cardiac surgery.

This cardiac rehabilitation program is designed to reduce your risk of further cardiac issues while improving your fitness and overall quality of life.

After an individual assessment to determine your suitability for this program you will be placed into a group of 6 to 8 participants who will meet twice a week under the supervision of a physiotherapist experienced in cardiac rehabilitation.

During this program the patient will be coached, monitored and encouraged to continue their exercise when they are at home. Each patient will have the training program tailored to their specific needs and goals.

SportsMed Subiaco's Cardiac Rehabilitation Program has been developed in accordance with The National Heart Foundation of Australia's recommendations and is designed to help the participant return to optimal functional capacity following their discharge from hospital and aid the prevention of further cardiac conditions.

If you would like to be a part of our Cardiac Rehabilitation Program, ask at reception or call today on **08 9382 9600**

### Class Duration

60 minutes twice a week for 6 weeks

### Class Size

6 to 8 participants

### Health Benefits

- Improved exercise tolerance & muscle strength
- Symptom reduction
- Reduced morbidity & mortality
- Decreased risk of event recurrence/ hospital admissions
- Decreased anxiety & depression
- Improved wellbeing



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