



**DLSUMC**  
DE LA SALLE UNIVERSITY MEDICAL CENTER

*Nurturing your health*

# CARDIAC REHABILITATION





## WHAT TO EXPECT DURING THE CARDIAC REHABILITATION PROGRAM:

### CARDIAC REHABILITATION

Cardiac rehabilitation (cardiac rehab) is a professionally supervised program to help people recover from heart attacks, heart surgery and percutaneous coronary intervention (PCI) procedures such as stenting and angioplasty.

The goals of cardiac rehabilitation are to establish an individualized plan to help you regain strength, to prevent your condition from worsening, to reduce your risk of future heart problems, and to improve your health and quality of life.

### CONDITIONS QUALIFIED FOR CARDIAC REHABILITATION

- Heart attack
- Coronary artery disease
- Heart failure
- Peripheral arterial disease
- Chest pain (angina)
- Cardiomyopathy
- Certain congenital heart diseases
- Coronary artery bypass surgery
- Angioplasty and stents
- Heart or lung transplant
- Heart valve repair or replacements
- Other cardiac problems

### BENEFITS OF CARDIAC REHABILITATION PROGRAM

- Improved quality of life
- Increased strength and endurance
- Improved cardiovascular health and function
- Improved nutrition
- Improved knowledge of heart-healthy behaviors
- Reduced weight
- Decrease in symptoms such as fatigue and shortness of breath
- Improved ability to perform activities of daily living

#### MEDICAL EVALUATION

Initial and ongoing evaluation will help your healthcare team check your physical abilities, medical limitations and other conditions you may have, and keep track of your progress over time.

#### PHYSICAL ACTIVITY

Cardiac rehabilitation will improve your cardiovascular fitness through walking, cycling or even jogging and other endurance activities. You may also do strength training (lifting weights, for example) to increase your muscular fitness.

#### LIFESTYLE EDUCATION

Guidance about nutrition can help you shed excess weight and learn to make healthier food choices aimed at reducing fat, sodium and cholesterol in your diet.

#### SUPPORT

Adjusting to a serious health problem often takes time. You may feel depressed or anxious, lose touch with your social support system, or have to stop working for several weeks. Counseling will help you learn healthy ways to cope with depression and other negative feelings.



It's important to know that your chances of having a successful cardiac rehabilitation program rest largely with you; the more dedicated you are to following your program's recommendations, the better you'll do.

### DLSUMC CARDIAC REHABILITATION PROGRAMS

#### PHASE I (Inpatient Prescription)

Stabilization and maintenance (i.e. to maintain range of motion (ROM) and avoid the detrimental complications associated with bed rest and immobilization)

#### PHASE II (Immediate Outpatient)

Provide patients with exercise guidelines and a progressive activity regimen to assist them through the period of recovery.

#### PHASE III (Intermediate Outpatient)

Further physical development; emphasizing return to normal activities and secondary prevention

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