

Baystate Medical Center

CARDIOVASCULAR REHABILITATION & WELLNESS

WELCOME TO YOUR PHASE 2 CARDIAC REHAB PROGRAM!

ATTENDANCE:

- It is recommended that you attend Cardiac Rehab 2-3x/week for greatest benefit
- Weekly attendance until completion is critical. Interruptions in attendance can affect your progress.
- We ask that you notify us if you will be out for a week or longer to prevent possible discharge from the program. (Gym#: 413-794-7175)

PLEASE LET US KNOW:

- Please notify us if you have a new medical condition, change in medication, or change in insurance.
- Please inform us of any upcoming doctor's appointment. We will inform them of your progress.

EXERCISE:

- Exercise sessions are 45min and include moderate cardiovascular exercise, warm-up and cool down. Please arrive 15 min. prior to the start of class.
- The staff will work with you to determine the best types of exercise, your level of exercise, and your progression of exercise.
- We will take into consideration both medical and physical concerns when developing your program. Your input and goals are important to us.
- Please wear proper footwear for exercise. We ask no open-toed shoes or heavy work boots for safety.

FRAGRANCE FREE:

- We ask that you do not wear perfume, cologne, or other scented products when coming to the gym. These items may affect the breathing of others.

YOUR PROGRESS:

- Your progress and goals are reviewed with you regularly and updated as needed.
- Our Medical Director will also review your progress on a regular basis

HOME EXERCISE:

- You will be asked to begin a home exercise routine on the days off from Cardiac Rehab. A home exercise program will further strengthen your heart and level of function.
- Walking is one type of beneficial cardiovascular exercise you may choose. We will also talk about other home exercises that will help strengthen your heart.

I have reviewed the above with a clinician:

Patient (Initial) _____ Clinician (Initial) _____ Date _____

*We Look Forward
To Working With You!*