Carroll Hospital’s Outpatient Cardiac Rehabilitation Program is designed to improve the quality of life for patients who have a cardiovascular diagnosis or procedure such as:

- Myocardial Infarction (heart attack)
- Angioplasty or Stent Placement
- Coronary Artery Bypass Graft (CABG)
- Valve Replacement or Repair
- Stable Angina
- Congestive Heart Failure
- Heart Transplant

Our goal is to educate patients and their families about cardiac disease and how to exercise safely through a personalized, monitored exercise program.

Under the direction of a board-certified cardiologist, our Cardiac Rehabilitation Program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), ensuring the highest standards of care.

**Exercise**

Exercise is an important component of our Cardiac Rehabilitation Program. This is a progressive program using treadmills, cycles, elliptical machines, free weights and other exercise equipment to help patients build strength, increase stamina, improve blood flow and increase exercise tolerance.

Exercise sessions are held three days a week for one hour and tailored to the physical needs and abilities of each participant.

While exercising, patients will wear a heart monitor and will be closely supervised by our cardiac staff to ensure they are exercising at a safe and appropriate level.

Contact us today!

For more information on the Cardiac Rehabilitation Program, call 410-871-6741.

CarrollHospitalCenter.org
Exercise (cont.)

Aerobic exercise for 32-45 minutes at least three days a week improves blood flow while strength training builds muscle, endurance and flexibility. Additionally, regular exercise helps reduce stress and other cardiac risk factors, such as diabetes and high blood pressure.

Upon completion of cardiac rehab, patients may continue to exercise at Central Maryland Fitness in Westminster under the supervision of its trained staff.

Education

Teaching patients and families about risk factors associated with the progression of heart disease is an important piece to the rehabilitation process. Our Cardiac Rehabilitation Program’s education includes:

- Atherosclerosis and risk factor modification
- Medication administration
- Safe exercise practices
- Relaxation techniques/stress reduction
- Smoking cessation

Emotional Support

It is common for patients to experience anxiety, fear and depression following a cardiac event or new diagnosis. Our staff is trained to assess and help develop coping mechanisms to allow patients to better accept their current diagnosis and work toward a healthier future.

Diet and Nutrition

The dietitian at Carroll Hospital works closely with all patients to help them develop healthy eating and nutrition habits. Food selection and preparation strategies are taught as well. All patients are encouraged to attend a diet session.

Cardiac Rehabilitation Team

The cardiac rehabilitation team consists of a board-certified cardiologist serving as medical director, specially-trained cardiac nurses and an exercise specialist. The staff works together to help patients reach their highest level of activity and achieve a sense of well-being in a friendly, caring environment.

Getting started

Participation in the Cardiac Rehabilitation Program is by physician referral only. You do not have to be a patient at Carroll Hospital to participate in this program.

Most health insurance plans cover cardiac rehabilitation services.