



## **CARDIAC CONDITIONING** **PROGRAM**

At Advanced Therapy solutions, we offer a comprehensive program to assist in your recovery from a cardiac event or procedure. Whether you've had a heart attack, angioplasty, open heart surgery, pacemaker placement, or chest pain, the Cardiac Conditioning Program can help you safely return to your everyday activities. Our goal is to give you the knowledge you need to reduce your risk factors and achieve an optimal recovery by conditioning your heart with a knowledgeable staff.

If you have been diagnosed with a recent cardiac event, your cardiologist's referral makes you eligible for the Cardiac Conditioning Program. Most insurance companies including Medicare cover the cost of the program.

The Cardiac Conditioning Program is a supervised exercise and education program individualized to provide you the support necessary to maintain your quality of life. The program staff focuses on education, assisting you in making lifelong changes to help prevent further hospitalizations for cardiac disease and related complications.

When you participate in the supervised exercise program, you will be carefully monitored by staff members, including a PT with a Masters Degree and a Texas Certified Paramedic, who are empathetic to your needs during your recovery. You will be taught appropriate levels for your resting and exercise blood pressure and heart rates. You will wear a chest "Pulse" heart rate monitor during the program, and will be monitored for breathing, oxygen saturation percentage, heart rates, and serial blood pressures.

The program staff will call your doctor or send your doctor a report if you are having any problems. A final report summarizing your progress will be sent to your doctor when you complete the program.