

OUR TEAM

Cardiac Rehab services involve you and a variety of healthcare providers including:

- Physician Medical Director
- Respiratory Therapist
- Cardiac Rehab Technicians
- Dietician
- Pharmacist



WHEN ARE WE OPEN?

Our cardiac rehab program serves patients on Monday, Wednesday & Friday.

Our Emergency Room is open 24 hours a day, 7 days a week.

RELATED SERVICES PROVIDED

- Treadmill Stress Testing
- Ambulatory Cardiac Monitors
- Holter Monitors
- Monthly visits by Cardiologists

St. Mary's Health

701 Lewiston St.
Cottonwood, ID 83522

Clearwater Valley Health

301 Cedar
Orofino, ID 83544

Cardiac Rehab Program
208.476.8575



St. Mary's Health



**Clearwater Valley
Health**

WHO BENEFITS FROM CARDIAC REHAB?

Cardiac Rehabilitation services are designed to help patients with heart disease recover faster and return to full and productive lives. In cooperation with your cardiologist, cardiac rehab will help you move toward a healthier lifestyle with supervised exercise, education, and counseling.

Cardiac Rehab candidates include people who have or have had:

- Stable angina
- Heart attack (MI)
- Coronary artery bypass
- Stent placement
- Valve replacement or repair
- Heart replacement

HOW AND WHEN DO I GET STARTED?

Typically cardiac rehab begins in the hospital after a heart attack, heart surgery or other heart treatment.

It can continue in our outpatient cardiac rehab clinic located at St. Mary's Health and Clearwater Valley Health. You need your doctor's approval to get started. Tell your doctor or nurse that you are interested in cardiac rehab and ask for a referral to a program that is appropriate for you. If you have any questions, please call our **Cardiac Rehab director at 208.476.8575**.

WHAT CAN I EXPECT?

Our cardiac program focuses on:

- Education
- Counseling
- Exercise
- Encouragement & Support

The education, counseling, encouragement and support component help you understand your heart condition and find ways to reduce your risk of future heart problems. The cardiac rehab team will help you learn how to cope with the stress of adjusting to a new lifestyle and to deal with your fears about the future.



The exercise component helps you learn how to exercise safely, strengthen your muscles and improve your stamina. Your exercise plan will be based on your individual ability, needs and interests.

Cardiac rehab often takes place in small groups. However, your plan will be based on your specific needs. Our program helps you recognize and change unhealthy habits you may have and establish new, more healthy ones. It is important that you complete the recommended rehab plan.



WHAT ARE THE GOALS OF CARDIAC REHAB?

The goals of cardiac rehab vary from person to person. In helping set your personal goals, your health care team will look at your general health, your personal heart problem, your risks for future heart problems, your health care provider's recommendations and your own personal preferences.

The success of the program ultimately depends upon your willingness to set realistic goals and stay with them. The participation and support of family and friends can also make a big difference.

IS IT SAFE?

Studies show that serious health problems caused by cardiac rehab exercise are rare. The cardiac rehab team is trained to handle emergencies. Your health care team will help you select a plan that is safe for you. While in the cardiac rehab program you are continually monitored when exercising until you build up confidence and the ability to continue a planned exercise program on your own.