

# CARDIAC REHABILITATION – PHASE II

## WHO?

Riverside Medical Center's Outpatient Cardiac Rehabilitation program is a comprehensive program that specializes in the rehabilitation of adults recovering from heart conditions such as, coronary artery bypass surgery, valve replacement or repair, heart attack, angioplasty or stent placement, stable angina, and chronic heart failure.

The program is designed to not only increase the heart's efficiency and aerobic (oxygen) capacity but to also provide positive lifestyle changes through education and promotion of heart healthy habits that reduce the risk of decreased heart function and future cardiac events.

## WHAT?

Individuals who attend cardiac rehabilitation receive an initial evaluation prior to starting the exercise program. The program consists of exercise sessions for approximately 1 hour 2–3 days a week. Additional time is allotted with each session for group and individual education on how to manage common medical conditions and lifestyle choices that promote heart disease progression.

## STAFF:

The Cardiac Rehabilitation Department is staffed by specially trained cardiac nurses, clinical exercise physiologists and technicians. These clinicians focus on developing individualized care plans with you and your provider. The professional team keeps your cardiologist informed of your progress during the program.

## HOW?

The program must be ordered by your cardiologist and is covered by Medicare and most insurance companies. Please contact your physician if you are interested in attending, or contact our department at (815) 935-3271 for financial information. We look forward to serving you.

## WHERE?

Cardiac rehabilitation is offered on site at three convenient locations.

### **Riverside Cardiopulmonary Rehabilitation**

500 N. Wall Street | Suite C401  
Kankakee, IL 60901  
**(815) 935-3271**

### **Riverside Cardiopulmonary Rehabilitation, Bourbonnais**

400 Riverside Drive | Suite 1700  
Bourbonnais, Illinois 60914  
**(815) 432-7663**

### **Riverside Cardiopulmonary Rehabilitation, Watseka**

1490 E. Walnut Street | Suite A  
Watsela, Illinois 60970  
**(815) 432-7665**

**[riversidehealthcare.org](https://www.riversidehealthcare.org)**