



University Hospitals

Harrington-McLaughlin
Heart & Vascular Institute

Cardiac Rehabilitation Programs



Phase One Cardiac Rehabilitation

The road to recovery starts during your hospital stay while recovering from a heart attack, angioplasty and/or stent, angina, bypass surgery or heart valve repair and/or replacement. Your physician, exercise physiologist, dietitian and nurse will educate you and your family on your heart condition, dietary recommendations, proper exercise support, cardiac risk factors, and how to care for yourself after you leave the hospital.

University Hospitals Heart & Vascular Institute specializes in hearts like yours.



Phase Two Outpatient Cardiac Rehabilitation

Recovering from a cardiac event or bypass surgery can be very challenging. That's why our cardiac rehabilitation programs are designed to help you and your family make therapeutic lifestyle changes toward a healthier heart. Our medical team consists of cardiologists, nurses, exercise physiologists, dietitians and pharmacists who understand

your challenges. We will set goals that are meaningful to you, and guide you to achieve them.

Specially designed facilities allow you to exercise on state-of-the-art cardiovascular exercise equipment. In an outpatient setting, you'll participate in a structured exercise and education program three times a week, along with extensive counseling, guiding you to a healthier lifestyle. Each exercise session includes a warm-up, cardiovascular conditioning, resistance training and cool-down.

You must have a physician referral to enroll in the program. Phase II cardiac rehabilitation is covered by most major insurance plans and we will check your insurance coverage prior to starting a program.

Why Take Care of Your Heart Here?

- In-depth assessment to develop an individualized exercise prescription based on your needs, goals, medical history, limitations and comfort level.
- Medical supervision from our staff and a personalized exercise program you can follow at home.
- Risk factor analysis and counseling on smoking cessation, stress and weight management.
- Extensive educational classes and nutritional evaluation from a registered dietitian to assist with positive dietary changes.
- Social and psychological support for you and your family that address personal issues related to heart disease and recovery.

Keep the Momentum Going

We also offer a Phase Three maintenance program for individuals who complete the monitored Phase Two program, and for individuals who have numerous risk factors for heart disease and want to exercise in a safe, supervised environment. Maintaining good health is crucial to preventing future cardiac events.

The Phase Three program meets two times a week under the supervision of the cardiac rehabilitation staff and also includes participation in educational group lectures, if desired.



How to Get Started

University Hospitals Heart & Vascular Institute provides its comprehensive cardiac rehabilitation programs at the following locations:

University Hospitals

Case Medical Center

Mather Pavilion, Room 1701
11100 Euclid Avenue
Cleveland, OH 44106
(216) 844-2568

University Hospitals

Chagrin Highlands Health Center

3909 Orange Place, Suite 3300
Orange Village, OH 44122
(216) 839-4515

University Hospitals

Conneaut Medical Center

158 West Main Road
Conneaut, OH 44030
(440) 593-0213

University Hospitals

Geauga Medical Center

13207 Ravenna Road
Chardon, Ohio 44024
(440) 285-6377

**For more information, please contact us
by phone at (866) UH-4-CARE or by email at
CardiacRehabilitation@UHhospitals.org or
visit us at www.UHhospitals.org/heart**



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