

CARDIAC REHAB



South Eastern

Private Hospital

CARDIAC REHABILITATION

Cardiac Rehabilitation is an exercise and health program aimed at helping people recover from a recent heart illness or surgery / procedure. It is designed to provide education to help heart patients safely increase their physical fitness and return to a healthy and active lifestyle.

Cardiac Rehabilitation increases cardiovascular efficiency, offers physical and psychological benefits, speeds recovery and helps prevent prolonged disability.

Our four week, twice per week program teaches patients how to incorporate lifestyle modifications including exercise, nutrition, education, stress management and smoking cessation for a healthier heart. We provide a tailored treatment plan that is based on an individual's unique circumstances and developed by a multidisciplinary team.

HOW TO ACCESS THE PROGRAM:

Referrals from your GP or your treating specialist can be forwarded to:

- Fax: (03) 9549 6323
- Email: sephrehab@healthcare.com.au

For further information please call:
Ph: (03) 9549 6438

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