






Who can benefit from cardiac rehab?

You may benefit if you have experienced a:

-  heart attack (myocardial infarction)
-  heart condition, such as stable chest pain or heart failure
-  heart procedure or surgery, including coronary artery bypass graft (CABG) surgery, per-cutaneous coronary intervention (PCI, including coronary or balloon angioplasty and stenting), valve replacement.

Cardiac Rehab Phase II Program



Cardiac rehabilitation is designed for you to exercise up to 3 times per week, typically on Monday, Wednesday & Friday in a one-on-one sessions under the supervision of a registered nurse. Your exercise sessions are individualized and will begin slow and easy and last for a short duration of time. Each time you exercise, the intensity and duration of your exercises will be increased depending on your stage of recuperation. During each exercise session, your heart rate, heart rhythm, blood pressure and oxygen level are monitored.

The equipment used for exercising includes a treadmill, NuStep and weights. Each session will include individualized education on your cardiovascular risk factors including: activity tolerance, nutrition, stress, cholesterol, smoking and diabetes.

Arrangements can also be made for you to meet with a dietitian. When you have completed the program, a home exercise plan will be discussed.

Cardiac Rehabilitation TEAM

Kelli Zimmerman

After graduating from Dakota Wesleyan University with a BSN in 2013. Kelli has several years of experience to monitor and identify a healing heart. Kelli loves visiting and connecting with people one-on-one. Kelli finds it very rewarding to witness a patient graduate from Cardiac Rehab Phase II after all their hard work!

"With a passion to connect with people, I'm here to help you through your heart event & help prevent another event from happening, Kelli Zimmerman.



If you don't take time for
your health today, you are
going to have to make the
time for your health
tomorrow!

Joe Piscatella

Benefits of Cardiac Rehab:

Cardiac rehab doesn't change your past, but it can help you improve your heart's future. Every little step you take towards your heart health helps you take the next step, and the step after that.

Here are a few ways you will benefit from participating in cardiac rehab:

- + Improvement in exercise tolerance
- + Improvement in symptoms
- + Improvement in blood lipid levels
- + Reduction in cigarette smoking
- + Improvement in mental well-being and reduction of stress
- + Decreased risk of heart attack

What is Cardiac Rehab?

Also known as cardiac rehab phase II, this program improves your health while decreasing your risk of another heart event. Cardiac rehab is an outpatient program of exercise and education designed to help you in your recovery. A registered nurse will assist you in an exercise program with the goal of strengthening your heart and improving your health.

Who is eligible?

Individuals who have had a heart attack within 12 months or have had a procedure such as coronary artery bypass, angioplasty/stent and valve repair, and stable angina are eligible to participate.

How do I get in?

A referral from a physician is necessary for entry into a cardiac rehabilitation program. Our staff will assist you with the referral. The first session takes approximately an hour and half, while all other sessions take around 30-45 minutes.



PIONEER MEMORIAL
HOSPITAL & HEALTH SERVICES

Cardiac Rehabilitation

Cardiac rehab is a team effort:

You don't need to face heart disease alone. At Pioneer Memorial Hospital & Health Services, we realize cardiac rehab is a team effort. You'll partner with your provider and a registered nurse - plus family & friends - to take charge of the choices, lifestyles and habits that affect your heart.