

Cardiac Conditioning at Hookston Square

3480 Buskirk Avenue, Suite 110
Pleasant Hill, CA 94523
Phone (925) 947-5254



Cardiac Conditioning at Brentwood Outpatient Center

2400 Balfour Road
Brentwood, CA 94513
Phone (925) 308-8160



Cardiac Conditioning Services



johnmuirhealth.com/cardiovascular



Cardiac Conditioning Services

Medically supervised cardiac conditioning services are provided at Hookston Square in Pleasant Hill and our Brentwood Outpatient Center.

Programs are designed to improve cardiovascular fitness and to reduce risk factors for individuals who have heart or blood vessel disease. Those who have had angina, heart failure, heart attack, angioplasty, heart bypass or valve surgery, heart transplant, or other heart problems will benefit from learning healthy habits and ways to reduce the risk of future heart problems. The program is also available to people who are at high risk of developing heart disease.

Benefits include:

- Increased physical strength and cardiovascular fitness
- Reduced need for future hospitalizations
- Reduced anxiety about heart disease
- Access to peer support
- Increased self-confidence
- Reduced risk of cardiac death by up to 30%

Phase I Cardiac Conditioning

Phase I of cardiac conditioning begins during hospitalization. A cardiac nurse visits each pre-identified patient to provide education and counseling in preparation for discharge. Patients may also receive nutrition counseling from a registered dietitian. Cardiac surgery patients are seen twice daily by exercise specialists who assist with walking and other activities.

Phase II Cardiac Conditioning

Phase II is a 4 to 12 week exercise program, 3 days per week. Exercise includes conditioning on stationary bicycles, treadmills, rowing machines and resistance equipment. Group sessions provide



For more information on our cardiac conditioning services, contact us at our **Brentwood** or **Pleasant Hill** locations listed on the opposite pages.

interaction with other heart patients, individualized care and guidance, and heart rate and blood pressure monitoring during exercise. Patients with cardiovascular disease can safely exercise in Phase II as early as 2 to 6 weeks after a heart attack or heart surgery, as directed by their physician. Fees apply and are generally covered by insurance.

Phase III Cardiac Conditioning

Phase III is designed to maintain cardiovascular fitness. Participants must have good balance and the ability to learn to independently operate exercise equipment. Candidates for Phase III include individuals who have a prior history of heart disease, those who are at high risk of developing heart disease and graduates of Phase II Cardiac Conditioning. Fees apply (billed monthly).

Enrollment

Before an individual begins Phase II or III, a cardiac conditioning nurse will meet with the patient and family to discuss exercise and education needs, perform a health assessment and answer questions. Cardiac conditioning nurses and exercise specialists will then design an individualized exercise program for each patient to assure optimal cardiac health. The following steps are performed before cardiac conditioning can begin:

- Physician referral is obtained
- Insurance coverage is reviewed
- Initial appointment is scheduled

Physician's role

The patient's referring cardiologist and/or primary care physician will be informed of the patient's progress. Each patient remains under the care of his or her physician during the course of the program.