Cardiac Rehab **Phase III**

After completion of Phase II Cardiac Rehabilitation, we offer an evening program that meets three times per week in the Cardiac Rehabilitation Exercise Lab. This program is for patients who like to work out in a group while being closely monitored by cardiac nurses.

You must be referred by your physician and take an exercise tolerance test prior to admission into this program.

If you are interested in Phase III, please call **860-823-6336**.

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**Choose Wisely.**

**Choose Backus.**

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*Backus*

*The William W. Backus Hospital*

326 Washington Street | Norwich, CT 06360
The Cardiac Rehabilitation Program at The William W. Backus Hospital will prove to be a vital part of your recovery from a heart attack, angina, angioplasty, stenting, cardiac bypass, cardiac valve, or cardiac transplant surgery, or certain other cardiac problems.

This is an opportunity for you to improve your overall physical conditioning under close cardiac monitoring by rehab staff, and attend a variety of classes to help reduce the risk factors that contribute to heart conditions.

Since each heart patient is different, you will receive individual care as well as group support. All members of your family are welcome to participate.

A team of specialists will help you take charge of your life again by making changes in diet, medications, exercise, and stress reduction. This program, held three times each week for twelve weeks, is staffed with cardiac physicians, nurses, exercise specialists, dieticians and pharmacists.

The Program

You will be prescribed an exercise program using exercise bicycles, seated stair steppers, treadmills and rowing machines in our state-of-the-art facility. There will be warm-up exercises and a cool down period. Some of our cardiac patients even use weight training for arm strengthening.

During the 12-week program, you will be closely monitored. Your blood pressure will be checked before, during and after exercise, and you will also be asked about your perceived exertion.

Once a week there will be an educational session where family members are also encouraged to attend. The topics cover heart health, nutrition, cardiac medications, stress management and coping.

Who can enroll

You must first be referred by a physician, because there is a specific criteria. Most health insurance plans cover a large percentage of the cost. You should contact your insurance company for details.

The Cardiac Rehabilitation Program offers you the tools you need to take control of your life. The positive effects of the program are measured by the quality of life and the attitudes of the “graduates” of this program, who choose to live with heart disease rather than be crippled by it.

How to enroll

Call your physician to make an appointment with the Cardiac Rehabilitation Program or call: 860-823-6336.

“(Cardiac) patients who attended 36 sessions (of cardiac rehabilitation) had a 14% lower risk of death…and a 12% lower risk of Heart Attack” than those that did not. (according to a 5-year, 30,000-patient study of cardiac patients)