



[VIDEO TRANSCRIPT]

Cardiac Rehab

Jill Steen, RN – Cardiac Rehab Center

[MUSIC]

[JILL STEEN]

The ultimate goal for a patient coming to cardiac rehab is to help decrease their chances of having another cardiac event. We have patients who have experienced a heart attack, have had angioplasty, stents, bypass surgery, maybe a valve replacement, and we also have a PAD program for Peripheral Artery Disease.

We have lots of different equipment so we can accommodate them to help them be able to exercise in a safe manner. The biggest benefit for patients coming to cardiac rehab is to help them build their strength and endurance – help them get back to doing the things in life that they want to get back to doing.

[MUSIC]