

# About Cardiac Rehabilitation



## What is cardiac rehabilitation?

Cardiac rehabilitation is a medically supervised program that has been shown to reduce the risk of re-hospitalization, lessen the need for cardiac medications, and encourage a return to work following a heart-related illness. Researchers have reported that people who complete a comprehensive cardiac rehabilitation program increase their chances of survival and improve their quality of life.

Our goal at Memorial Hermann is to help people with heart disease participate actively in their own recovery as they return to the activities they enjoy. Through individualized exercise programs, participants develop strength, flexibility and cardiovascular endurance to help prevent the progression of heart disease.

## What's included?

- Education for the patient to understand and manage heart disease
- A personalized, medically monitored exercise program
- Nutrition counseling by a registered dietitian
- Guidance on returning to work or regular life
- Smoking awareness classes
- A comprehensive focus on exercise, education and lifestyle change
- Frequent progress updates provided to referring physician

Many insurance companies cover the costs of the program. Sessions are three times a week for up to three months, based on your needs.

## Who needs cardiac rehab?

Cardiac rehabilitation is available to people with health histories that include:

- Heart attack
- Coronary artery disease
- Valve replacement surgery
- Angina
- Coronary angioplasty – with or without stents
- Heart transplantation
- Left ventricular assist device
- Congestive heart failure
- Other heart-related issues

## How do I join?

A physician's prescription is necessary to participate in our program. Ask your physician if cardiac rehabilitation is right for you.

For more information about cardiac rehab at Memorial Hermann, please visit **[MemorialHermann.org/Cardiac-Rehab](https://www.MemorialHermann.org/Cardiac-Rehab)**.

## Cardiac rehabilitation is available at these Memorial Hermann

### Greater Heights

1635 North Loop West (1st Floor–  
South Tower), Houston, TX 77008

**P** 713.867.2541    **F** 713.867.4314

### Memorial City

915 Gessner Rd., Medical Plaza 3  
Suite 420, Houston, TX 77024

**P** 713.242.4813    **F** 713.242.4823

### Northeast

18951 N. Memorial Dr.  
Humble, TX 77338

**P** 281.540.7973    **F** 281.319.5739

### Southeast

11800 Astoria Blvd.  
Houston, TX 77089

**P** 281.929.4785    **F** 281.929.4736

### Southwest

7600 Beechnut St.  
Houston, TX 77074

**P** 713.778.6248    **F** 713.456.8223

### Texas Medical Center

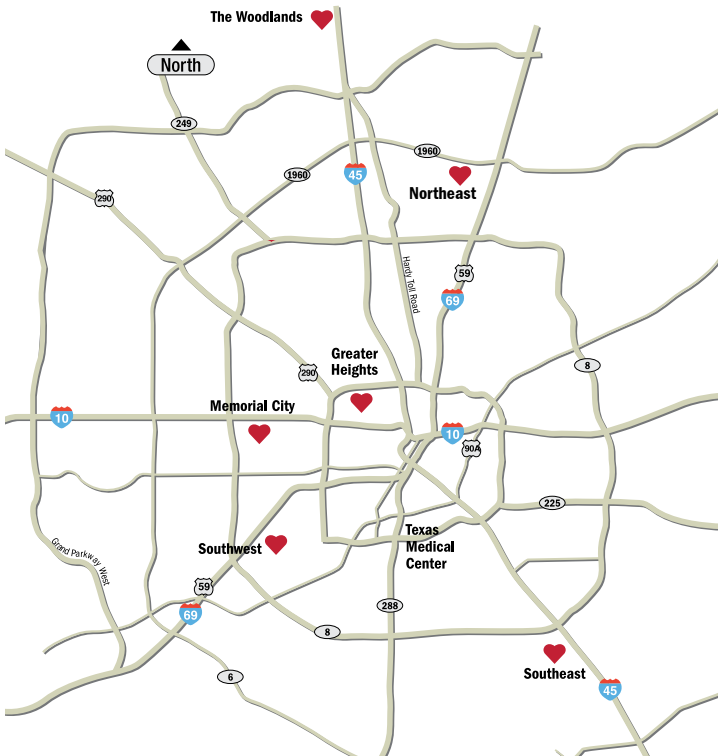
6414 Fannin St., Suite G-100  
Houston, TX 77030

**P** 713.704.5802    **F** 713.704.6358

### The Woodlands

9180 Pinecroft Dr., Suite 130  
The Woodlands, TX 77380

**P** 713.897.2790    **F** 713.897.5776





[heart.memorialhermann.org](http://heart.memorialhermann.org)  
713.222.CARE

