
 Why do I need to come to the department? I could exercise at home

Every aspect of our program is designed to speed up your recovery. If required you will be connected to ECG monitoring. Your blood pressure and workload will be tracked. You will be closely supervised and any concern about your body's response to exercise would be relayed by your therapist.

Our goal is to help cardiac patients regain good health, so that they can efficiently manage tasks of daily living, can return to work and recreational activity.


**Cardiac Rehabilitation helps you
live your life to the fullest**

**Join our Cardiac Rehabilitation program
and improve the Quality of your life**

FOR FURTHER QUERIES, CONTACT

Physiotherapy Department

A-791, Bandra Reclamation, Bandra (W),
Mumbai 4000 050

Tel: 022-26751536 / 1698 / 1699

Website: www.lilavatihospital.com

Prior appointment is compulsory.




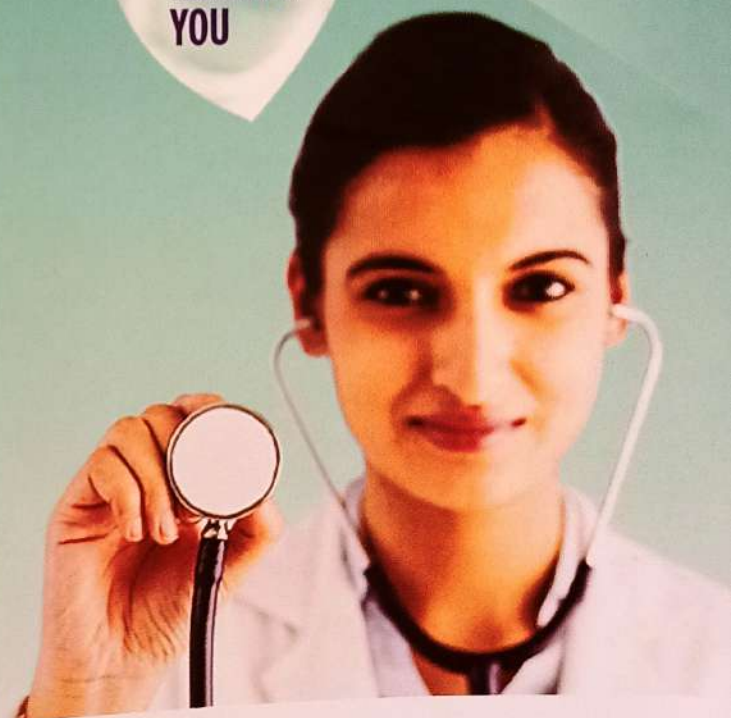
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CARDIAC REHABILITATION

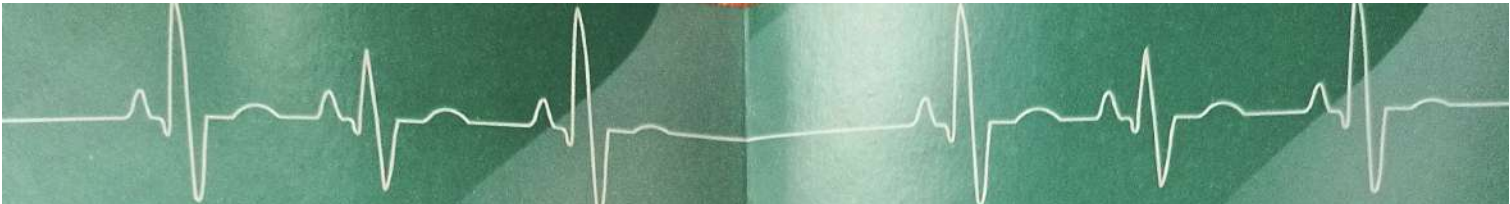

**HEALTHY
HEART**

&


**HEALTHY
YOU**



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Cardiac Rehabilitation is a medically supervised telemetry monitored program that helps to improve the health and well-being of people with heart problems.



Benefits

- It helps in recovery after a Heart attack/Bypass Surgery/Angioplasty
- Helps in lifestyle modification, improving health & quality of life.
- It prevents and controls risk factors.



Who needs Cardiac Rehab?

- Post CABG (Bypass Surgery)
- Post Angioplasty
- Post Myocardial infarction (Heart Attack)
- Valvular Heart Surgery
- Peripheral Vascular Disease

Cardiac Rehab Program

Phase 1: Monitored exercise program in ICU & ward.

Phase 2: Out patient program with telemetry monitoring including aerobic training, strength training & flexibility.

Phase 3: Helps patients' to return to work and / or previous level of fitness.

