



Cardiac Rehabilitation

Healthy
Heart



Healthy
You

Physiotherapy Department



Lilavati Hospital and Research Centre

More than Healthcare, Human Care

NABH Accredited Healthcare Provider

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, or Angioplasty.
- Helps in lifestyle modification, improving health and 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.



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

Every aspect of our program is designed to improve cardiovascular fitness and to speed up your recovery. Supervised telemetry ECG monitoring is done as well as other vital parameters are tracked throughout each session. Any concern about your body's response to exercise will be relayed by your therapist.

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

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

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

Prior appointment is compulsory



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

For Further Queries Contact:
022-69301536.

Email: info@lilavatihospital.com.

Website: www.lilavatihospital.com.

