

Richmond University Medical Center

Cardiopulmonary Rehabilitation Center



Helping You Get Stronger Every Day

Cardiopulmonary rehabilitation is designed to help you have a smooth recovery process and change your lifestyle for the better by promoting exercise and other healthy habits. It is especially helpful if you have recently gotten out of the hospital and want to instill healthy lifestyle adjustments in order to get back to day-to-day activities.

Our cardiopulmonary rehabilitation program involves:

- ▶ A thorough medical and clinical evaluation to determine your capabilities, as well as your personal limitations. Our medical professionals will carefully develop an individualized program based on these results.
- ▶ Participation in regular aerobic exercise and strength training based on your individual progress and needs. Exercise will start slowly and gradually increase in intensity based on your growing abilities.
- ▶ A healthcare professional who will evaluate your progress, including monitoring vital statistics such as heart rate, blood pressure, and EKG, as well as observe changes in symptoms, and note essential changes as you progress through the program.
- ▶ Participation in education and counseling classes that target smoking cessation, medication management, nutrition, oxygen therapy, and stress management.
- ▶ The opportunity to advance into programs that allow for more frequent and vigorous exercise.

At the conclusion of the prescribed cardiopulmonary rehab program, you will have new knowledge and habits to incorporate into everyday life to help safeguard your heart and lungs from future medical complications.



A STATE-OF-THE-ART CARDIOPULMONARY REHABILITATION CENTER.

Our cardiopulmonary rehabilitation center is staffed with medical experts focused exclusively on your needs. The facility's new state-of-the-art design gives you the opportunity not only to improve your cardiopulmonary health, but also to maintain good health over time with help from our center's trained medical professionals.

The equipment available for use under supervised programs includes Landice commercial grade treadmills, Nustep Recumbent Cross Trainers, Sci-Fit Bi-directional Upright Bikes, a SciFit Easy Entry Total Body Elliptical, a SciFit Recumbent Elliptical, and weight training equipment. Our medical team at the center also uses the LSI Cardiopulmonary Rehabilitation Automated Monitoring System to continuously track key vital signs and enhance documentation and reporting practices.

CARDIAC REHABILITATION: WHO NEEDS IT AND WHY?

No matter what your age, if you have been affected by a heart condition, you may benefit from a strategically designed cardiac rehabilitation program. Our cardiopulmonary rehabilitation center may be right for you if you have experienced:

- ▶ Current stable angina pectoris.
- ▶ Coronary artery bypass surgery.
- ▶ Heart valve repair or replacement.
- ▶ A heart or heart-lung transplant.
- ▶ A heart attack in the last 12 months.
- ▶ Coronary angioplasty or coronary stent.
- ▶ Stable chronic heart failure.

Cardiopulmonary rehabilitation is designed to improve heart health and lung function as well as:

- ▶ Provide smoking cessation support and education to encourage a smoke-free lifestyle.
- ▶ Help develop a healthy eating plan based on nutritionally sound choices and foods low in cholesterol, saturated fats, and trans fats.
- ▶ Generate a higher level of physical fitness as a result of improved dietary and exercise choices.
- ▶ Impart knowledge of key weight loss methods to help maintain a healthier weight.
- ▶ Teach relaxation and stress management techniques to promote greater well-being.
- ▶ Give the opportunity to form supportive relationships with others who share a similar cardiac and/or pulmonary health history.





PULMONARY REHABILITATION: WHO NEEDS IT WHY?

If you have been affected by a lung condition, you can benefit from a strategically designed pulmonary rehabilitation program. Pulmonary rehab may benefit you if you have experienced:

- ▶ Chronic Obstructive Pulmonary Disease (COPD).
- ▶ Other chronic lung diseases.
- ▶ Pulmonary Hypertension.
- ▶ Sarcoidosis.
- ▶ Chronic Bronchitis.
- ▶ Asbestosis, and Obstructive Asthma.

Pulmonary rehabilitation is known to improve exercise endurance, difficult or labored breathing, functional capacity, and quality of life in comparison to almost any other therapy in COPD.



CARDIOPULMONARY REHABILITATION CENTER

288 Kissel Avenue, Staten Island, NY 10310
(Located behind the main hospital building)

Free parking available

**The Cardiopulmonary Center is open
Mondays, Wednesdays, and Fridays from 9:00am to 3:00pm.**

718-818-2515

Richmond University
 **Medical Center**



www.rumcsi.org/cardiacrehab