



## Cardiac Rehabilitation

Inova Heart and Vascular Institute's Cardiac Rehabilitation program offers medically supervised exercise and education for adults with heart disease. Our cardiac rehabilitation program is a three-part program that begins in the hospital and continues on an outpatient basis. The program is offered at convenient locations throughout Northern Virginia.

## Who Can Participate?

Anyone diagnosed with heart problems can participate. Heart problems may include heart attack (myocardial infarction), irregular heart rhythms, chronic angina, heart failure, cardiomyopathy and heart-valve disease. Anyone who has undergone coronary bypass surgery, heart transplant, heart valve repair/replacement, angioplasty, stenting, atherectomy or other heart procedures can also participate.

Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

[inova.org](http://inova.org)



**INOVA<sup>®</sup> HEART AND  
VASCULAR INSTITUTE**



## Cardiac Rehabilitation

Your Key to Optimum  
Heart Health through  
Education and Exercise



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## Cardiac Rehabilitation

### Phase I

During hospitalization, a cardiac rehabilitation nurse meets with the patient and family, helps them understand heart disease and briefly explains the phases of the cardiac rehabilitation program.

### Phase II

Our staff will develop a personalized outpatient program, with a focus on exercise and education. In this program, the patient:

- Develops an understanding of how the heart works and learns more about personal risk factors for heart disease
- Improves his or her cardiovascular conditioning through an individualized program of aerobic exercise, strength training and flexibility conditioning.

### Phase III

Our staff develops a maintenance program for those who complete Phase II of the program and want to continue with supervised exercise. The program provides a supportive environment for a patient's continued wellness efforts.

## Heart Enhancement Program

Offered at Inova Alexandria, Fairfax and Mount Vernon Hospitals, this 12-week, 24-visit program is available to Cardiac Rehabilitation graduates and those patients at risk for heart disease who are interested in a supervised exercise setting. Nurses and exercise physiologists monitor blood pressure and heart rate, and offer nutritional guidance.

## Enhanced External Counterpulsation (EECP®)

Offered at Inova Mount Vernon Hospital, EECP is a noninvasive procedure to reduce the symptoms of angina or heart failure for individuals who are not candidates for angioplasty or surgery. The treatment involves 35 one-hour sessions.

## What Are the Benefits of Cardiac Rehabilitation?

- Improved weight control
- Lower blood pressure
- Increased strength and endurance
- Decreased cholesterol levels
- Improved flexibility and balance
- Diabetes management
- Improved circulation
- Better stress management
- Improved self confidence
- Expanded support network

## Your Healthcare Team

Inova Heart and Vascular Institute's team of experienced health care professionals — certified cardiopulmonary clinicians, dietitians, pharmacists, exercise physiologists, rehabilitation therapists, respiratory therapists and specially-trained registered nurses — provide a complete and personalized heart-disease management program to those enrolled in our program. The staff keeps your doctor informed of your progress through letters and phone calls.

## Education

Inova Heart and Vascular Institute offers educational lectures and seminars to patients enrolled in the cardiac rehabilitation program. Educational offerings vary by location. Lectures and seminars may include such topics as Your Heart and How it Works; Exercise and Your Heart; Medication and Heart Health; Heart-Healthy Eating Guidelines; and Stress Management.

## Fees and Insurance

Most insurance plans cover much of the cost of cardiac rehabilitation. The amount covered varies among insurance companies. Our staff will verify your benefits and what your insurance covers before your participation. You should also contact your insurance company to verify your level of coverage before you enroll in the program. Some insurance companies may require pre-certification.

## How Can I Enroll?

A doctor's referral is required to enroll in the program. We will contact your physician on your behalf to obtain your referral. If you are interested in learning more about our cardiac rehabilitation program, please call one of the convenient locations listed below.

## Our Locations

Inova Heart and Vascular Institute offers cardiac rehabilitation at convenient locations throughout Northern Virginia.

**Inova Alexandria Hospital**  
4320 Seminary Road  
Alexandria, VA 22304  
703-504-3398

**Inova Fairfax Hospital**  
3300 Gallows Road  
Falls Church, VA 22042  
703-776-3635

**Inova Loudoun Hospital**  
44035 Riverside Parkway, Suite 500B  
Leesburg, VA 20176  
703-858-6674

**Inova Mount Vernon Hospital**  
2501 Parker's Lane  
Alexandria, VA 22306  
703-664-8034

## You Can Help

As a not-for-profit organization, our commitment to world-class cardiac care is made possible through the generous support of donors in the community. For more information on how you can support Inova's commitment to providing world-class medical care, please call Inova Health System Foundation at 703-289-2072.