Cardiac Rehabilitation
Your Key to Optimum Heart Health through Education and Exercise

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), angina or heart failure. Anyone who has undergone coronary bypass surgery, heart transplant, heart valve repair/replacement, angioplasty, stenting, atherectomy or other heart procedures can also participate.

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 Foundation at 703.289.2072.
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 healthcare 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.