

Who needs Cardiac and Pulmonary Rehab?

Outpatient Cardiac Rehabilitation Program

You will benefit if you have been diagnosed with:

- Angina pectoris, stable angina (chest pain)
- Coronary artery bypass graft surgery
- Myocardial infarction
- Stent
- Heart valve repair or replacement
- Heart Transplant
- Congestive Heart Failure
- Angioplasty

What are the benefits of exercise:

- Improves physical fitness and energy levels
- Improves heart strength
- Weight loss
- Reduces blood pressure
- Controls cholesterol levels
- Improves overall well-being
- Improves management of stress
- Reduces risk of future heart problems
- Increases ability to perform jobs or tasks



Ascension Saint Thomas

Ask your physician for a written referral and release to enroll in the Outpatient Cardiac/Pulmonary Rehabilitation Program today.

Cardiac Rehab: 615.396.5511 • Pulmonary Rehab 615.396.4926

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Website: healthcare.ascension.org

Outpatient Pulmonary Rehabilitation Program

Our program is designed for adults who are increasingly limited in their everyday activities due to lung diseases and disorders including:

- Emphysema
- Chronic Bronchitis
- Bronchiectasis
- Asthma
- Pulmonary Fibrosis
- Lung Surgery
- Environmental or Occupational
- Lung Disease
- COPD

Benefits of participating in the Outpatient Pulmonary Rehabilitation:

- Decreased symptoms
- Improved Quality of Life
- Increased Exercise Tolerance
- Greater Independence in Daily Activities
- Better Understanding of your Lung Disease
- Reduced Hospitalizations, Emergency Room Visits and Doctor Office Visits