What is Cardiac Rehabilitation?
The Cardiac Rehabilitation Program at Jackson-Madison County General Hospital is an outpatient program with a special team to help with heart problems, such as:
- Heart attack
- Congestive Heart Failure (CHF)
- Coronary artery bypass surgery
- Angioplasty
- Stent placement
- Angina
- Heart valve repair/replacement
- Heart transplant
- High risk for heart disease
- Left Ventricular Assist Device, a mechanical heart (LVAD)

Our Program Is Designed To
- Improve the level of activity at which you can safely function
- Help you feel safe and know that support is available
- Help you learn how to reduce your risk of recurrent heart disease
An Exercise Program Tailored for You
Our 12-week program meets three days a week — on Monday, Wednesday, and Friday — for exercise and education classes. Our Cardiac Rehab team will set up a program based on your specific needs. Each exercise class includes staff supervision and telemetry heart monitoring in a well-equipped area.

Your exercise sessions are combined with an educational program that focuses on developing a healthier lifestyle. Spouses, family members, and significant others are welcome to attend educational classes.

Educational Classes
Our weekly educational classes are offered on a variety of subjects, including:
• Medications
• Dietary modifications/weight control
• Stress management
• Dealing with emotions
• Risk factors for heart disease
• Anatomy and physiology of the heart
• Exercise guidelines
• Smoking cessation support

It’s Easy to Join Our Cardiac Rehab Program
Call 731-541-6317 to speak with a member of the Cardiac Rehab team, or ask your doctor for a referral. Our program is located in an easily accessible area on the lower level of Jackson-Madison County General Hospital. Reserved free parking is available.

Continuing Your Exercise
After you complete your monitored program, there are many options for continuing your exercise. Remember, this is a lifestyle change. You will need to continue your new exercise routine either in your local community or in one of our West Tennessee Healthcare facilities. See your Cardiac Rehab staff for your options.

Meet John Borner
From Open-Heart Surgery Patient to Rehab Volunteer
Six weeks after John had heart bypass graft surgery at West Tennessee Heart and Vascular Center, he returned for the twelve-week Cardiac Rehabilitation Program. John was so impressed with the program that he became a volunteer and now works and speaks with other patients going through the program.

For others who may be facing a similar challenge, John tells you: “Not to worry, there’s a great staff of doctors and nurses that make up West Tennessee Heart and Vascular Center — Great! And please go to Cardiac Rehab. Rehab is a must.”