Cardiac Rehabilitation Program

The Cardiac Rehabilitation Program at Jackson-Madison County General Hospital is designed to return to the mainstream of society those individuals who have:

- A heart attack
- Coronary artery bypass surgery
- Angioplasty
- Stent placement
- Angina
- Heart valve repair/replacement
- A heart transplant, or
- High risk for heart disease.

Program Objectives

- To help participants learn how to reduce their risks of recurrent heart disease
- To improve the level of activity at which an individual can safely function.

Exercise Program

Our 12-week program meets three days a week—on Monday, Wednesday, and Friday mornings—for exercise and education classes. Participants exercise under staff supervision with telemetry heart monitoring in a well-equipped exercise area.

Our educational program is combined with exercise sessions that focus on developing a healthier lifestyle. Spouse, family members, and significant others are welcome to attend educational classes.

Participant Education

Weekly educational classes are offered on a variety of subjects such as:

- Medications
- Dietary Modification/Weight Control
- Stress Management
- Dealing with Emotions
- Risk Factors for Heart Disease
- Anatomy and Physiology of the Heart
- Exercise Guidelines
- Smoking Cessation support.
Maintenance Exercise Program

We offer an additional program to our graduates at the LIFT Center. A medically supervised exercise program tailored to meet your needs will be offered to continue the healthy lifestyle changes you have achieved in cardiac rehab. For information, please contact Matt Emison at 731-427-7048.

Entry Into The Program

...is easy. During your follow-up visit, ask your doctor for a referral. Our program is located in an easily accessible area at Jackson-Madison County General Hospital. Reserved free parking is available.

WEST TENNESSEE HEART & VASCULAR CENTER
At Jackson-Madison County General Hospital

SOCIETY OF CHEST PAIN CENTER
ACCREDITED
Chest Pain Center with PCI

Where Heart Matters

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