Our Cardiac Rehab Program
Cardiac Rehab is a professionally supervised exercise program to help people recover from heart attacks, coronary artery bypass surgery, valve repair or replacement surgery, stable angina and percutaneous coronary artery intervention (PCI) procedures such as stenting and angioplasty.

Our Cardiac Rehab programs provide education for lifestyle modifications and exercise to help increase physical fitness, reduce cardiac symptoms, improve health and reduce the risk of future heart problems.

Wentworth-Douglass Hospital is committed to the prevention, treatment and rehabilitation of cardiovascular illness. Our Cardiac Rehabilitation program, the first on the Seacoast, has been assisting individuals with heart disease since 1983. Our program has been certified by the American Association of Cardiovascular and Pulmonary Rehabilitation since 2005.
Services Provided
We offer both Acute (Phase II) Cardiac Rehab for patients who have recently had cardiac events such as heart attack, coronary artery bypass surgery and valve repair as well as Maintenance (Phase III) Cardiac Rehab for maintaining cardiovascular fitness in a group setting. Both outpatient programs require a physician referral.

Benefits of Participation in Cardiac Rehab

- Improved functional abilities
- Improved quality of life
- Reduction of lifestyle related risks
- Increased knowledge of disease process and prevention of strategies
- Improved ability to perform daily life activities
- Increased knowledge of heart disease
- Increased self-esteem and confidence
- Improved adherence to healthy lifestyle choices.

Our Staff
The Cardiac Rehabilitation multidisciplinary team consists of your Cardiologist, our Medical Director, the Director of Rehabilitation Services, a Cardiac Nurse Coordinator, a Nurse, Physical Therapists a Dietitian, an Occupational Therapist and a Pharmacist.

Contact
For more information about our programs, please call Cardiac Rehab at Wentworth-Douglass Hospital at (603) 740-2132.