

240 Meeting House Lane
Southampton, NY 11968
southampton.stonybrookmedicine.edu
(631) 726-8620

Cardiac Rehabilitation



Stony Brook Medicine

Stony Brook University/SUNY is an affirmative action, equal opportunity educator and employer.



**Stony Brook
Southampton Hospital**

Regain strength
Restore independence
Improve overall health



Cardiac Rehabilitation

Stony Brook Southampton Hospital's Cardiac Rehabilitation program offers a wide range of services close to home. If you have had a recent valve repair or replacement, heart transplant, stenting, angioplasty, open-heart surgery (CABG), heart attack, angina, or congestive heart failure, our cardiac rehabilitation specialists will work with you to develop a program that will speed your recovery and your return to normal life.

Our New York State licensed RNs and exercise physiologists will be with you through every

Our program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) and is recognized for a commitment to improving quality of life for patients by enhancing standards of care.



step of your recovery. All rehab sessions are carefully monitored for your safety and success.

Your rehab will take place in our state-of-the-art gym under the guidance of our New York State-licensed RNs and Exercise Physiologists who will monitor your progress in a fitness program designed for you. All rehab sessions are overseen by staff for your safety and success.

Our shared goal is three-fold:

- Help you regain strength and confidence through exercise
- Restore your independence
- Improve your overall health to decrease the risk factors for future cardiac events
- If you suffer from high blood pressure, high cholesterol, diabetes, or have any other risk factors for heart disease or stroke, we can help you learn how to live a healthier lifestyle. We also offer a supervised maintenance program with classes held 2-3 times a week to encourage you to develop better habits that include exercise.

For Appointments or questions please call

(631) 726-8620