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# 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

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