

Cardiac Conditioning Program

For more information on our cardiac conditioning programs, contact us at the following locations:

John Muir Medical Center, Concord
2540 East Street
Concord, CA 94520
(925) 674-2200

John Muir Medical Center, Walnut Creek
Tuolumne Center
175 La Casa Via, 2nd Floor
Walnut Creek, CA 94598
(925) 947-5254

John Muir Health Outpatient Center,
Brentwood
2400 Balfour Road
Brentwood, CA 94513
(925) 308-8140

Johnmuirhealth.com



Cardiac Conditioning Program

Medically supervised cardiac conditioning services are provided at John Muir Medical Centers in Concord and Walnut Creek in addition to our outpatient center in Brentwood.

Programs are designed to improve cardiovascular fitness and to reduce risk factors for individuals who have heart or blood vessel disease. Those who have had angina, heart failure, a heart attack, angioplasty, heart bypass or valve surgery, or even a heart transplant, will learn healthy habits and ways to reduce the risk of future heart problems. The program is also available to people who are at high risk of developing heart disease.

Benefits include:

- Increased physical strength and cardiovascular fitness
- Reduced need for future hospitalizations
- Reduced anxiety about heart disease
- Access to peer support
- Increased self-confidence
- Reduced risk of cardiac death by up to 30%

Phase I Cardiac Conditioning

Phase I of cardiac conditioning begins during hospitalization. A cardiac nurse visits each patient to provide education and counseling in preparation for discharge. Patients may also receive nutrition counseling from a registered dietitian. Cardiac surgery patients are seen twice daily by exercise specialists who assist with walking and other activities.

Early Follow-up Appointment

Follow-up within seven days of a heart attack or an urgent, unplanned coronary stent reduces complications and the need for re-hospitalization. The cardiac conditioning staff provides an appointment to anyone discharged from John Muir Medical Center following a heart attack or urgent stent. During this appointment medications are reviewed, blood pressure, heart rate and symptoms are assessed, education is provided on cardiac risk factors and questions are answered. No fee.

Phase II Cardiac Conditioning

Phase II is a 4 to 12 week exercise program, with 3 sessions per week. Exercise includes conditioning on stationary bicycles, treadmills, rowing machines and resistance equipment. Group sessions provide interaction with other heart patients, individualized care and guidance, and heart and blood pressure monitoring during exercise. Patients with cardiovascular disease can safely exercise in Phase II as early as 2 to 6 weeks after a heart attack or heart surgery. Fees apply and are generally covered by insurance.

Phase III Cardiac Conditioning

Phase III is designed to maintain cardiovascular fitness. Participants must have good balance and the ability to learn to independently operate exercise equipment. Candidates for Phase III include individuals who have a prior history of heart disease, those who are at high risk of developing heart disease and graduates of Phase II Cardiac Conditioning. Fees apply (billed monthly).

Enrollment

Before an individual begins Phase II or III, a cardiac conditioning specialist will meet with the patient and family to discuss exercise and education needs, perform a health assessment and answer questions. Cardiac conditioning nurses and exercise specialists will then design an individualized exercise program for each patient to assure optimal cardiac health. The following steps are performed before cardiac conditioning can begin:

- Physician referral is obtained
- Insurance coverage is reviewed
- Initial appointment is scheduled

Physician's role

Progress reports are sent regularly to the patient's referring cardiologist and/or primary care physician. Each patient remains under the care of his or her physician during the course of the program.

