

## CARDIOPULMONARY REHABILITATION

**Monitored exercise and  
education, along with  
social support, to get you  
back to the life you enjoy!**

**Gibson** *gets it!*



**GIBSON**  
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CARDIOPULMONARY  
REHABILITATION

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**CARDIOPULMONARY  
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**[www.gibsonhospital.org](http://www.gibsonhospital.org)**

# What is Cardiopulmonary Rehabilitation?

**Patients spend roughly one hour, 2-3 times per week, for 36 sessions in a monitored exercise program with two registered nurses.**

**During this time we:**

- **Monitor telemetry, oxygen saturation, blood pressure, and blood glucose**
- **Focus on aerobic exercise to improve cardiopulmonary function**
- **Incorporate strength training**
- **Education each session about cardiac, pulmonary, diet, exercise, and general health topics**

**Why do patients enjoy rehab:**

- **A social aspect with those who have a similar experience**
- **Active learning and engaging activities**
- **Individualized exercise and support**
- **We are their cheerleaders!**

# Who Can Participate?

## Cardiac Phase II

- **MI, CAD, Stable Angina**
- **CHF, Cardiomyopathy**
- **Valve Repair, TAVR**
- **CABG**
- **LVAD, Heart Transplant**

## Pulmonary Phase II

- **COPD Stage II-IV**
- **Post-COVID**

## Supervised Exercise Therapy for PAD

- **Atherosclerosis (symptomatic)**

## Phase III

- **Patients not on telemetry who want to exercise in a monitored and relaxed setting who have ANY cardiac or pulmonary risk factors.**

# What is the Impact of Rehab?

- **Reduce hospital readmission**
- **Decreases blood pressure, blood glucose, cholesterol, and weight**
- **Lessen chest pain, shortness of breath, medication usage, and oxygen use**
- **Improve ejection fraction and pulmonary function tests**
- **Reduce depression and anxiety**
- **Encourage healthy eating habits, exercise, and smoking cessation**
- **Provide patients with the confidence and tools to live their healthiest life**

