



Cardiac Rehabilitation

To schedule an appointment
or for more information,
call 641-444-5671 for Belmond
or 515-532-9351 for Clarion.



Iowa Specialty Hospital

Specializing in You

Locations

Belmond

403 1st Street Southeast
Belmond, Iowa 50421
Phone: (641) 444-3500

Clarion

1316 South Main Street
Clarion, Iowa 50525
Phone: (515) 532-2811

844-ISH-4321

www.iowaSpecialtyHospital.com



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Specializing in You

Introduction

Iowa Specialty Hospital offers an outpatient cardiac rehabilitation program for individuals who have experienced a cardiac problem. Participants for the monitored program include people who have had a cardiac event, such as a heart attack, coronary bypass surgery, stent placement, angina (chest pain) or another significant event.

A non-monitored program is also available to individuals interested in modifying their personal risk factors for cardiac disease or as an ongoing exercise program alternative.

Cardiac Rehab includes developing a program of exercise and education to help with lifestyle changes to promote health. The spacious rehab gym includes a variety of equipment such as treadmills, NuStep machines, arm ergometer and free weights.

Cardiac Rehab Includes:

- Exercise
- Education
- Counseling
- Behavior Modification

Phase II (Monitored) Cardiac Rehab

Phase II participants are referred to the Cardiac Rehab program by their physicians. The average individual participates in cardiac rehabilitation for one hour, three days a week.

The exercise portion of the rehabilitation process in Phase II uses sophisticated heart monitoring equipment during each exercise session. Phase II focuses on individual exercise prescriptions. While the emphasis is on aerobic activity, it may also include muscle strengthening and flexibility. During Phase II, the Cardiac Rehab team also educates you about healthy lifestyle alternatives which help to reduce your cardiac risk.

Phase III (Non-Monitored) Cardiac Rehab

Phase III participants are referred by their cardiologist, primary care physician or nurse practitioner. The non-monitored exercise program is tailored to the individual's needs and goals. Support is given while each individual develops an exercise routine to meet his or her specific health concerns. These participants will also be able to learn ways to improve their health through weekly educational topics on health issues.

These sessions are offered two times per week at a charge of \$49 for a punch card of 12 sessions.

Iowa Specialty Hospital Cardiac Rehabilitation Team

Highly trained and skilled professionals, working together with you, your family and your physician to help you maintain or achieve an improved quality of life through exercise and lifestyle education.

Iowa Specialty Hospital Cardiac Rehab services are designed to help individuals recover from heart disease and return to full and productive lives.