Outpatient Cardiac Rehabilitation enables individuals with heart disease, and those recuperating from cardiac surgery, to efficiently and effectively resume an active, healthy lifestyle.

The program at Helen Hayes Hospital is tailored to optimize the heart health of its participants, while increasing endurance and strength. All services are provided by a team of cardiac rehabilitation specialists, led by a board certified cardiologist, with expertise in cardiac rehabilitation, using the most advanced equipment.

Helen Hayes Hospital
Route 9W
West Haverstraw, NY 10993
1-888-70-REHAB
www.helenhayeshospital.org

Getting you and your heart back in gear!

Operated by the New York State Department of Health and affiliated with NewYork-Presbyterian Healthcare System
The Helen Hayes Hospital Outpatient Cardiac Rehabilitation Program is an integral component of the hospital’s comprehensive cardiac rehabilitation service. Following a physician’s referral, each participant receives a thorough evaluation, including a cardiac risk factor assessment. Based on these results, a program is customized to meet a patient’s individual needs and goals, including returning to work or resuming activities of daily living. For all participants, a primary objective of the program is to prevent future cardiac complications or conditions.

Who can benefit?
The program is open to all individuals who need medically managed outpatient cardiac rehabilitation. Some patients enter the program directly from Helen Hayes Hospital’s intensive inpatient cardiac rehabilitation service. Others enroll after being discharged from an acute care hospital, or from home, with a physician’s referral.

Candidates for outpatient cardiac rehabilitation include individuals recovering from:
- heart attack
- angina
- heart failure
- heart transplant
- angioplasty or stents
- medically managed coronary artery disease
- open heart surgery, including bypass & valve replacement

The core program …
Exercise and education, provided by a team of cardiologists, exercise physiologists, physical therapists and nurses, form the base of the program.

Monitored and supervised exercise improves cardiovascular function and modifies cardiac risk factors. A wide variety of exercise options are available, including treadmills, recumbent bicycles and weight training equipment.

Because heart disease stems from many causes, staff work one-on-one with participants to modify risk factors. Education sessions focus on stress reduction, nutrition, exercise guidelines and blood pressure and cholesterol control.

Upon completing the program, patients are provided with an exercise prescription for continued lifelong exercise.

Program options …
Patients have access to a range of services which may complement their rehabilitation program, including:
- individualized physical & occupational therapy
- home & food management evaluation
- driver evaluation
- aquatic therapy
- continued exercise in the Wellness Center
- adapted sports
- adapted yoga

Physician interaction …
Following a thorough evaluation and screening, the patient’s referring physician will receive an initial report and periodic progress reports. The patient’s discharge report will include information about functional gains and details on the suggested home exercise program. The referring physician will be immediately notified of any changes in a patient’s condition.

Follow-up …
After discharge, patients are encouraged to make exercise a lifelong commitment, exercising either at home, in a community setting, or in the Helen Hayes Hospital Wellness Center. The Center offers a supervised and friendly environment in which to continue the progress made in the rehabilitation program.

Joining the program …
The Helen Hayes Hospital Outpatient Cardiac Rehabilitation program accepts referrals from physicians and other healthcare professionals. Insurance coverage can vary from plan to plan. Prior to outpatient enrollment, patients should check their individual coverage. For additional information on the program, please call:

845-786-4486 or 1-888-70-REHAB, extension 4486

To make an appointment, please first obtain a prescription for outpatient cardiac rehabilitation from your physician and then call:

845-786-4410