

Cardiac Rehabilitation

Inova Heart and Vascular Institute



Cardiac Rehabilitation

Your Key to Optimum Heart Health Through Education and Exercise

Inova Heart and Vascular Institute's cardiac rehabilitation program is a lifestyle management and behavior change program designed for individuals with heart disease. Our cardiac rehabilitation program is a three-part program that begins in the hospital and continues on an outpatient basis. The program is offered at convenient locations throughout Northern Virginia.

Who Can Participate?

Anyone who has a cardiac diagnosis or has undergone heart surgery can participate. This may include heart attack (myocardial infarction), angina, heart failure, or cardiomyopathy. Anyone who has undergone coronary bypass surgery, heart transplant, LVAD placement, heart valve repair or replacement, angioplasty, stenting, atherectomy, or other heart procedures can also participate.



Cardiac Rehabilitation

Inpatient Transition Care

During hospitalization, a clinician will meet with the patient and family to explain the cardiac rehabilitation program, its benefits and the enrollment process. During this visit, the team member is available to answer questions about heart disease and initial activity guidelines.

Secondary Prevention Program

Our clinical teams will develop an individualized education and exercise program based on a clinical assessment of diagnosis, risk factors and knowledge level. We are able to offer this program in two formats:

Virtual Cardiac Rehab:

Patients meet individually with one of our clinicians each week to develop and assess exercise progression, clinical condition and educational needs. This program allows for the flexibility of meeting with our clinicians in a video visit through MyChart at a convenient time and location.

Facility Cardiac Rehab:

Our onsite cardiac rehabilitation programs are located at Inova Alexandria, Inova Fairfax, Inova Loudoun and Inova Mount Vernon hospitals. Patients receive individualized care to develop and assess exercise progression, clinical condition and educational needs.

In both programs, participants will:

- Develop an increased understanding of the individual's condition and treatment
- Receive support and guidance needed to make important lifestyle changes that will decrease disease risk
- Improve cardiovascular conditioning for work and recreational activities

Cardiac Wellness Program

Our cardiac wellness program is self-pay for individuals who may need an alternative option or have completed the secondary prevention program and want to continue in a clinically supervised education and exercise program. It provides a supportive environment for a patient's continued wellness efforts.

What Are the Benefits of Cardiac Rehabilitation?

- Lower blood pressure
- Increased strength and endurance
- Decreased cholesterol levels
- Improved flexibility and balance
- Better diabetes management
- Improved circulation
- Improved weight control
- Better stress management
- Improved self-confidence
- Expanded support network

Your Healthcare Team

Inova Heart and Vascular Institute's team consists of experienced healthcare professionals.

- Exercise physiologists
- Registered dietitians
- Registered nurses
- Physical therapists
- Respiratory therapists

The clinical team provides a complete and personalized heart disease management program to enrolled participants. The team will keep your providers informed of your progress and any clinical needs as they arise.

Education

Inova Heart and Vascular Institute offers educational opportunities to patients enrolled in the cardiac rehabilitation program. Educational offerings vary by location. Lectures and seminars may include:

- Your Heart and How It Works
- Exercise and Your Heart
- Medication and Heart Health
- Heart-Healthy Eating Guidelines
- Stress Management



Fees and Insurance

Most insurance plans cover much of the cost of cardiac rehabilitation. However, the amount covered varies across insurance companies. Our team will verify your benefits and provide an estimate of your financial responsibility before you start our program.

How Can I Enroll?

If you are interested in learning more about our cardiac rehabilitation program, please call one of the locations listed. A physician's referral is required to enroll in the program. Our team will contact your doctor to obtain your referral.

Our Locations

Inova Heart and Vascular Institute offers cardiac rehabilitation at convenient locations throughout Northern Virginia.

Inova Alexandria Hospital
4320 Seminary Rd.
Alexandria, VA 22304
703.504.3398

Inova Heart and Vascular Institute –
Inova Fairfax Medical Campus
3300 Gallows Rd.
Falls Church, VA 22042
703.776.3635

Inova Loudoun Hospital –
Schaufeld Family Heart Center
44045 Riverside Pkwy., 1st Fl.
Leesburg, VA 20176
703.858.6674

Inova Mount Vernon Hospital
2501 Parkers Ln.
Alexandria, VA 22306
703.664.8238

You Can Help

As a nonprofit organization, our commitment to world-class cardiac care is made possible through the generous support of donors in the community. For more information on how you can support Inova's commitment to providing world-class medical care, please call Inova Health Foundation at **703.289.2072**.