

## Pulmonary Rehabilitation Program

The HonorHealth Pulmonary Rehabilitation Program is designed to improve the health and well-being of patients with chronic breathing problems, such as chronic obstructive pulmonary disease (COPD). Our elite team, consisting of pulmonologists, exercise physiologists, respiratory therapists, social workers and mental health counselors, will partner with you to create a personalized care plan to help you participate in activities with less shortness of breath and equip you with ways to effectively manage your condition.

The program includes:

- ✓ An evaluation and assessment
- ✓ Stretching and resistive activities
- ✓ Aerobic training
- ✓ Group support
- ✓ Individual coaching and supervision
- ✓ Patient and family education
- ✓ Stress management
- ✓ Emotional and social counseling
- ✓ Breathing exercises
- ✓ Nutritional counseling

## Locations

### **HonorHealth Cardiac and Pulmonary Rehab - John C. Lincoln**

9202 N. Second St.  
Phoenix, AZ 85020  
602-870-6368

### **HonorHealth Cardiac Rehab - 27th Avenue - Deer Valley Medical Center**

19636 N. 27th Ave., Suite LL4, Building 2  
Phoenix, AZ 85027  
623-879-1800

### **HonorHealth Cardiac Rehab - Mountain View Rd - Scottsdale**

9201 E. Mountain View Road, Suite 150  
Scottsdale, AZ 85258  
480-323-4600

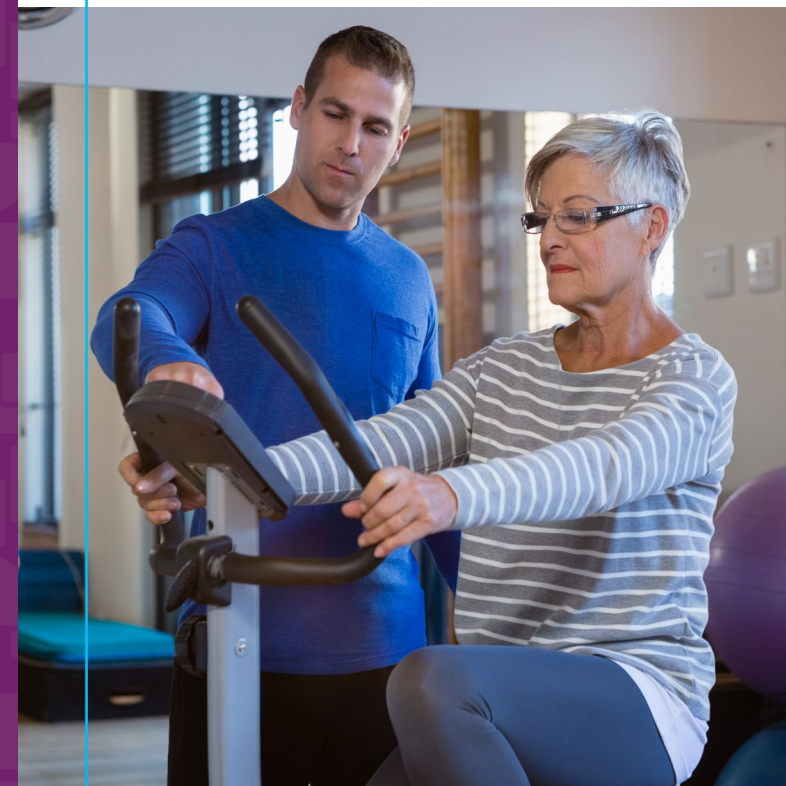
For more information, visit  
**[HonorHealth.com/cardiacrehab](https://www.honorhealth.com/cardiacrehab)**

**HONORHEALTH®**

Heart Care

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Heart Care



**CARDIAC  
REHABILITATION**

## Cardiac rehabilitation

Cardiac rehabilitation improves exercise tolerance and psychosocial well-being for patients who have experienced a significant cardiac event. Comprehensive and individualized programs consist of a diverse team of medical specialists, including cardiologists, nurses, exercise physiologists, physical therapists, dietitians and social workers.

With the largest multidisciplinary cardiac rehabilitation centers in the Valley, our expert team at HonorHealth Cardiac Rehabilitation will partner closely with you throughout your healing journey to help you get back to doing what you love.

Cardiac rehabilitation is important for patients who have had:

- Heart attack(s)
- Angioplasty/one or more stent placements
- Coronary artery bypass surgery
- Valve surgery
- Congestive heart failure
- Other related heart issues
- Chronic breathing problems

## A multi-phased plan for recovery

We use a three-phase approach for cardiac rehabilitation, including:

- Phase one: Rehabilitation starts in the hospital where the care team will help educate you about heart disease and gradually introduce you to exercise and prepare you to go home.
- Phase two: After you leave the hospital, the Cardiac Rehabilitation team will provide you with the knowledge and tools necessary for a healthy lifestyle. You will receive health and nutrition education and participate in monitored exercise activity.
- Phase three: Enables you to build on your progress from phase two with preventive education, rehabilitation support and continued physical activity.

**Please note:** All phases require physician prescriptions. Insurance coverage options vary by phase.

## PAD SET Program

- A supervised exercise therapy (SET) program for patients with peripheral arterial disease (PAD) that helps:
  - Increase blood flow to the legs and improves walking endurance.
  - Decreases leg pain symptoms caused by a lack of blood flow and reduces risks for heart attack and stroke.
  - Improve overall quality of life and prevents progression of disability.



## Heart Failure Program

The HonorHealth Heart Failure Program enhances awareness and understanding to help you manage your chronic disease diagnosis. The program begins two weeks following a hospital admission for heart failure, offering eight one-hour education sessions related to exercise, nutrition, medication management and more.

Each session incorporates a review of new medical issues and a brief assessment, including:

- Weight
- Vital signs
- Edema evaluation
- Fatigue scale
- Medication reconciliation
- Glucose check (if you are diabetic)

For more information, visit  
**[HonorHealth.com/cardiacrehab](https://www.honorhealth.com/cardiacrehab)**