

Cardiac Rehabilitation Program



What is the Cardiac Rehabilitation Program?

- Cardiac rehabilitation is structured exercise sessions designed to improve your health, fitness, and knowledge.
- Each patient is provided with an individualised supervised exercise program and referred on to members of the allied health team where appropriate.

What does the program offer?

- An initial assessment by an accredited exercise physiologist, physiotherapist, occupational therapist, and dietitian (if required).
- Interactive sessions aimed at patient understanding of heart disease, management, and prevention.
- Assistance with making healthy lifestyle and behaviour changes.
- Individualised supervised exercise program, designed to promote progression and self-management.

Who is the Program For?

The program is for patients who have coronary artery disease, arrhythmias, heart failure, or have had coronary interventions such as bypass surgery, valve replacement, or stents.

Referral to the Program

You can be referred to the program whilst in hospital, or later by a surgeon, cardiologist, physician or general practitioner. This referral is made out to one of our Rehabilitation Physicians.
Fax: 4937 9590 or
email: mtl.dayprogram@healthcare.com.au.

Funding of Program

Generally, if you have top private hospital cover, an eligible Department of Veterans Affairs (DVA) card, or are covered by a third party payment you will be covered for treatment within our program.

For further information, please contact the Maitland Day Rehabilitation Unit on 4931 2390