

heartSMART RT

REHABILITATION PROGRAM

Who can benefit from the heartSMART Program?

Any patient with a history of a cardiac diagnosis resulting in a decrease in functional capacity.

The heartSMART Program consists of:

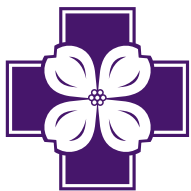
- › 6-8 week treatment plans
- › 2-3 sessions per week
- › Interval training, upper extremity and light resistance training
- › Balance screening
- › Education
- › Body weight and vital sign monitoring at each session
- › Telemetry monitoring with the first visit
- › 6-minute walk test (*pre, during, and post treatment*)

With the St. Joseph heartSMART Program, participants have averaged a 34% improvement in exercise tolerance testing.

Taught by certified therapists, the heartSMART Program at St. Joseph Rehabilitation Services is covered through most insurance plans. To learn more about this service, call St. Joseph Rehabilitation Services at:

(208) 799-5219 or visit: **www.sjrmc.org/rehabilitation-services**

“Because you can’t
BEAT
a Healthy Heart!”



ST. JOSEPH
Rehabilitation Services

sjrmc.org

Together in Health.