

Located within the Baylor Tom Landry Health and Wellness Center, Baylor Hamilton Heart and Vascular Hospital's cardiac rehabilitation program is nationally certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

For a physician referral or for more information about our health services, call 1.800.4BAYLOR or visit us online at www.BaylorHeartHospital.com.



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Return to WORK



Lab™
Live Your Action Potential



A New Perspective on Cardiac Rehabilitation

Cardiac patients don't look the same as they used to. They don't act the same either. Today, a patient who has experienced a heart attack or other cardiac event is just as likely to be an active 38-year-old as it is a 75-year-old retiree.

Because of these changing demographics, patients who seek cardiac rehab have a range of lifestyles and activity levels. Thirty minutes on a treadmill or bike and lifting small hand weights is likely insufficient for someone with a physically demanding job or who regularly participates in active, challenging sports.

Cardiac rehabilitation has not changed in the past 30 years, but our patients have. To address this diversity, Baylor Hamilton Heart and Vascular Hospital has designed an approach to rehabilitation that meets the specific needs of each patient and helps them return to their individual lifestyle.

Return to Work Lab: Live Your Action Potential

The main goal of cardiac rehabilitation is to assist patients in developing a healthy lifestyle plan. Beyond that, cardiac rehab should help patients return to the level of activity they previously enjoyed, based on clearance from their physician.

Because a generic program is not effective for every patient, Baylor Hamilton Heart and Vascular Hospital specialists in rehabilitation developed the Return to Work Lab.

Baylor Hamilton Heart and Vascular Hospital's Return to Work Lab – part of the Baylor Walter I. Berman Cardiovascular Prevention and Rehabilitation Center – focuses on specificity of training. Just as athletes must train specific muscle fibers for particular sports, rehab patients must exercise or train in a way that benefits their particular job and activity level.

Through a grant from the Harry S. Moss Heart Trust, Baylor Hamilton Heart and Vascular Hospital has equipped the Return to Work Lab with a variety of equipment that allows the cardiac rehabilitation team to design a program to meet the individual goals of each patient. Patients describe their job or other activities, and the team sets up a training program that mimics the physical demands as closely as possible.

For example:

- For someone who works in maintenance or in a warehouse, there are boxes with weights to lift and carry.
- A landscaper can push a weighted mower or use a shovel to move rocks.
- Police officers can kick, strike and handcuff life-size training dummies.
- A firefighter can carry heavy hoses up flights of stairs.
- With weighted golf clubs and a golf net, patients can begin to work on their golf swing, actually hitting balls full strength inside the department as they are able.
- To simulate housekeeping activities, weights have been placed around the bottom on a vacuum cleaner.

The cardiac rehabilitation team encourages each patient to work to their full potential, so they can appreciate what they can accomplish and return to their daily lives with confidence.

The Baylor Difference

Following a heart event, patients are encouraged to exercise. Traditional choices patients make during the recovery process might include hiring a personal trainer or attending a local gym. Unfortunately, most patients do nothing at all. None of these situations are ideal for optimal patient care. Baylor Hamilton Heart and Vascular Hospital Cardiac Rehabilitation offers numerous additional benefits.

Some patients are fearful to begin an exercise training program after a heart attack or heart surgery. In the Baylor Hamilton Heart and Vascular Hospital cardiac rehab program, patients are continually monitored by a specially trained team physicians, nurses, exercise physiologists, a dietician and social worker. Patients are monitored through use of a cardiac telemetry system.

Patients' confidence builds as they progress through the program. Patients learn how to take their **heart rate**, determine their individual exercise intensity and train at a level that allows them to receive maximum benefits. In addition to exercise training, a multidisciplinary staff assists patients with psychosocial and nutrition counseling. Each patient is unique and our exercise training program is tailored to suit individual needs and goals.