



Our program draws on a multidisciplinary team that includes internal medicine physicians, registered nurses, exercise specialists, registered dietitians, and social workers in a carefully designed program that is tailored to your specific needs.

Offered in three phases, our program features monitored physical activity in which you gradually increase the efficiency of your heart and lungs, strengthening your body's muscles while gaining the confidence you need to return to daily life.

TOTAL ATTENDEES	FY 2006	FY 2007	FY 2008	FY 2009	FY 2010
Phase II*	5,317	5,419	4,583	4,253	4,874
Phase III**	2,656	2,830	2,930	3,326	3,308

\*Phase II is a supervised outpatient program of individually prescribed exercise with continuous or intermittent ECG monitoring.

\*\*Phase III is a long term program generally including both clinical supervision by an exercise professional or nurse and intermittent ECG monitoring.



The only one of its kind in North Texas, the Return to Work Lab™ follows industrial athletes and those with jobs that require higher intensity levels after heart procedures to evaluate when their heart is physically ready to return to work. The goal of the Return to Work Lab is to train patients to achieve the fitness level necessary for them to safely perform required job duties upon return to work and/or activities of daily living.

Typical cardiac rehabilitation programs advise participants to perform lower levels of activity by using equipment such as the treadmill, bike, and light hand weights. Our program uses real-life tools and equipment that our participants might use--fire hoses, industrial tools, simulated red guns--that weigh the same as their real life counterparts. We also use training materials taken from these professions; stairway; stairmill; slideboard; agility equipment; simulated lawn equipment; and a weighted workstation.

After successfully completing this program, you will be confident that you're ready for the demands of your job--and so will your family members, your physician, and your employer and coworkers.

