



# CommCare Corporation

## Mending Broken Hearts

### When Heart Conditions or Strokes Occur . . .

Heart conditions or stroke can result in significant functional decline. Recovery can be a slow process, especially for seniors. And regaining function and ability can mean the difference between independence and dependence.

### Mending Broken Hearts . . .

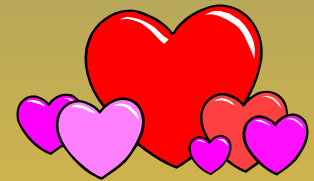
Our rehab team understands that progress for seniors is different than progress for a high school athlete. Our team is experienced in helping patients regain the strength, endurance and functional mobility following a heart attack or stroke.

Individuals who have had cardiac surgery need special considerations for a safe recovery to resume prior level of activities of daily living. Post surgically, any activity including: bathing, dressing, hygiene, homemaking can challenge and stress the cardiac system without any signs or symptoms. Our therapists are trained to progress patients with cardiac needs so that individuals can resume functional activities within a safe cardiac parameter.

If the individual's goal is to return to home, our rehab team can help ensure they return home and are able to function successfully.

### Program Content

- ♥ Monitoring of vitals pre & post exercise
- ♥ Low impact lower marching, ambulation
- ♥ Below the heart upper extremity low impact range of motion
- ♥ Patient & family education for safe cardiac conditioning
- ♥ Follow through with cardiac rehab at hospital upon discharge



### Benefits

- ♥ Increased tolerance
- ♥ Strength
- ♥ Endurance
- ♥ Functional Mobility
- ♥ Safe transition to home
- ♥ Reduce risk of future heart problems