

# Cardiac Rehabilitation

The staff at Coventry Court Health Center understands that recovering from a cardiac event can be a challenging experience. Coventry Court Health Center offers rehabilitation and nursing services that help patients maximize recovery and regain independence. We help patients recovery quickly and return home with a renewed sense of self-sufficiency.

## Our cardiac rehabilitation services are designed to assist both the patient and their family. Key service components include:

- A physician specializing in rehabilitation and an attending physician lead the treatment team and oversee the individualized plan of care.
- 24-hour skilled nursing care is provided and led by a Director of Nursing Services with over 30 years of experience.
- Progressive and personalized treatment plans are developed for each patient and delivered by highly skilled and compassionate staff.
- A dynamic daily therapy schedule is based on the patient's needs, goals, and home environment:
  - ◇ **Physical Therapy**—Focuses on balance, strengthening, and mobility skills such as transfers, wheelchair mobility, and ambulation.
  - ◇ **Occupational Therapy**—Uses activities of daily living such as eating, bathing, toileting, and dressing.
- Guided community outings as part of the activity program help to motivate and assimilate patients back into society.

## State-of-the-art equipment and techniques for Cardiac Rehabilitation:

- ACP equipment including Ultrasound, Diathermia, Electric Stimulation, and Omnicycle are advanced treatment modalities used to facilitate a successful rehabilitation.
- Our cardiac rehabilitation program incorporates various levels of monitored exercise, nutritional counseling, emotional support, and education about lifestyle changes to reduce your risks of heart problems.
- Cardiac rehabilitation will improve cardiovascular fitness through walking and other endurance activities. The program will move at a comfortable pace for each individual, but will also focus on proper exercise techniques and appropriate resistance training to improve muscular fitness.

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