



### Maintenance Exercise

The maintenance exercise program is designed to encourage and allow patients to continue regular exercise under the guidance and supervision of trained and experienced medical personnel.

Patients pay a small monthly fee to exercise, using the equipment and facilities of the LRMC Cardiopulmonary Rehabilitation program. The program allows you to experience the camaraderie of others who are continuing to recover from heart disease and offers a sense of security and well being.

Cardiopulmonary Rehabilitation is located on the 5th floor of the Medical Park Building, 709 Hollybrook, Suite 5604.

### Hours of Operation

Monday – Friday  
8 a.m.-3 p.m.  
903-232-3731



**Longview Regional**  
MEDICAL CENTER

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## CARDIOPULMONARY REHABILITATION



**Longview Regional**  
MEDICAL CENTER



# Taking the first steps to recovery

## Cardiopulmonary Rehabilitation

An ounce of prevention pays off with a pound of well-being through Longview Regional Medical Center's Cardiopulmonary Rehabilitation program. Our program is designed to provide cardiac and pulmonary patients and their families with education about cardiopulmonary fitness and a new beginning of a healthier lifestyle. The emphasis is on education and progressive exercise monitored by the Cardiopulmonary Rehabilitation team.

Our staff, in conjunction with your physician, supports you throughout the program and provides you with:

- Confidence to perform daily activities
- Education to help you attain a healthier lifestyle
- Motivation and encouragement
- Knowledgeable, professional guidance to help you adapt to a new lifestyle

## Pulmonary Rehabilitation

The Pulmonary Rehabilitation program focuses on individuals who have pulmonary disease, including patients who have been diagnosed with chronic obstructive pulmonary disease (COPD), emphysema, chronic obstructive bronchitis, asthma, reactive airway disease, pulmonary fibrosis or other lung disorders. You may be referred to the Pulmonary Rehabilitation program by your physician as part of your treatment plan.

The medical professionals of the Pulmonary Rehab team will customize an exercise and education program designed to help you maintain an acceptable level of activity. Education sessions are targeted to understanding and dealing with lung disease and breathing difficulties.

## Cardiac Rehabilitation

The Cardiac Rehabilitation program focuses on individuals who have heart disease or who are at high risk for heart disease, including patients who have had a diagnosis of heart attack, angina, angioplasty, stent, coronary artery bypass surgery or valve replacement/repair. With your physician's referral, our staff will establish a personalized program tailored to meet your needs and capabilities.

Patients attend classes three times a week. The classes concentrate on exercise and other important aspects of daily living such as good nutrition, healthy eating habits, weight control, smoking cessation, cholesterol and stress management.

Guided and supervised by experienced medical personnel, the patient participates in a comprehensive 12-week program of monitored exercise and education designed to reduce the risk of subsequent cardiac events. The exercises and educational components of the program are individualized to meet the recovery needs of each patient, with a goal of getting you back to an optimal level of abilities and a return to normal activities.