

Cardiac Rehabilitation Services

Getting Back to Heart Health



A clear path to cardiac wellness

If you have had a heart attack, angina, open heart surgery, atherectomy, angioplasty or a stent placement, you are probably experiencing a lot of life changes. At Northwestern Medicine McHenry Hospital and Northwestern Medicine Huntley Hospital, our customized cardiac rehabilitation services can help you adjust to those changes and put you back in control of your cardiac condition.

We can help you make your heart stronger and healthier. Together, we will work with you through rehabilitation steps that include assessment, education, exercise and support. By focusing on reducing risks, we can help you make permanent changes for a healthier life.

Assessment

After your hospital stay, all cardiac rehabilitation services are provided at our outpatient facilities in McHenry and Huntley. You will need a referral from your personal physician for evaluation and treatment. During your first visit, you will meet with a cardiac therapist. Together, you will develop a rehabilitation plan with realistic goals.

Education

Making lifestyle changes is easier when you know and understand the basics of cardiac rehabilitation.

The Northwestern Medicine cardiac rehabilitation team provides information in a variety of ways:

Mini programs that cover topics such as anatomy, heart circulation, medications, creating a home exercise program, and reading food labels

Classes like Healthy Eating, where we discuss the essentials of a heart-healthy, nutritious lifestyle

One-on-one appointments with registered dietitians* to provide dietary counseling, nutrition education and ways to change your behavior

*In the spirit of keeping you well-informed, the individual(s) identified are neither agents nor employees of Northwestern Memorial HealthCare or any of its affiliate organizations. They have selected our facilities as places where they want to treat and care for their private patients.

Benefits of cardiac rehabilitation

There are many benefits to participating in cardiac rehabilitation. Most patients experience an increase in physical and emotional well-being soon after beginning the program. Best of all, you may discover a new sense of self-confidence and an increased satisfaction with your quality of life. For many people, just getting over the fear of a reoccurrence is a tremendous relief.

Other benefits may include:

Improvement in exercise tolerance

Improvement in cardiac-related symptoms

Improvement in the level of blood lipids (fats)

Improvement in your body's ability to metabolize carbohydrates (sugars)

Reduction in cigarette smoking

Reduction in stress

Better understanding of heart disease, the risk factors and prevention



Exercise

Based on the cardiac rehabilitation during your hospital stay, you and a cardiac therapist will develop an exercise plan at your first outpatient rehabilitation visit. The level of exercise will depend on your medical history and current heart health.

Northwestern Medicine McHenry Hospital and Northwestern Medicine Huntley Hospital offer several group exercise classes designed to build your cardiovascular endurance. Each class is monitored by professional staff members who perform a baseline reading of your heart rate and blood pressure. They will lead you through warm-up exercises, a workout and a cool down. Equipment you may use includes treadmills, bikes, rowing machines and free weights. You will learn how to monitor your own heart rate. The length of your program will depend on your physical needs, your goals and your measured progress.



Support

We know making changes is never easy. It is important to get others involved in your rehabilitation. Family members can be a great help as you make your lifestyle changes. Talking about your experiences can help you realize you are not alone in your recovery journey.

Regaining control of your life

Cardiac disease can make people consider important lifestyle choices, and it is possible to take charge of your health. With the help of the Northwestern Medicine cardiac rehabilitation team at McHenry Hospital and Huntley Hospital, you can look forward to a stronger and healthier future for you and your heart. So take the first step. Talk to your physician about a referral so you can begin your rehabilitation program as soon as possible after your hospital stay.

For more information or to schedule an appointment, call 815.334.5566.

Cardiac Rehabilitation Services locations

- 1 Northwestern Medicine Cardiac and Pulmonary Rehabilitation Services McHenry**
4309 Medical Center Drive, Suite B104
McHenry
815.759.4422
- 2 Northwestern Medicine Cardiac and Pulmonary Rehabilitation Services Huntley**
10450 Algonquin Road
Huntley
815.334.3990

TTY for those who are deaf or hard of hearing: 711.

