

Referral to the Cardiac Rehabilitation Program

If you think you would benefit from the Cardiac Rehabilitation Program we will require a referral form from your General Practitioner or Cardiology Specialist.

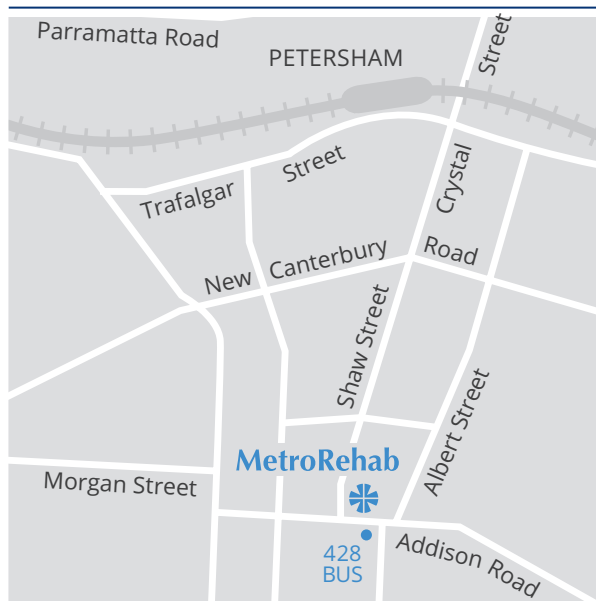
For Cardiac Rehabilitation Program enquiries and referrals, please contact our Day Program Coordinator on **02 8585 4914**;

Or complete the Day Program referral form on our website www.metrorehab.com.au.

Once we receive a referral, we will arrange for you to be assessed by our Rehabilitation Specialist to determine your rehabilitation goals.

Fees and charges

MetroRehab Hospital has established contracts with all major health insurers and the Department of Veterans' Affairs to minimise your costs. You should however check with your fund to determine if you have any additional charges specific to your health policy. Prior approval is sought for patients who are covered under CTP or Workers Compensation insurance. We also cater for full fee paying patients who do not have private health insurance.



Free Parking: Available on-site and in nearby streets.

Public Transport: Bus route 428 Circular Quay to Canterbury via Petersham stops outside the hospital. The nearest train station is at Petersham which is a 15 minute walk from the hospital.

Information: Please contact MetroRehab Hospital on 02 8585 4900 for more information on our Cardiac Rehabilitation Program.

Visiting Hours: 3pm-8pm Monday to Friday and 12pm-8pm weekends and public holidays.



Excellence in Medical Rehabilitation
275 Addison Road Petersham NSW 2049
P 02 8585 4900 **F** 02 9564 3064
www.metrorehab.com.au

Teaching Affiliations



CARDIAC REHABILITATION PROGRAM

Excellence in Medical Rehabilitation



Step up to good health with our cardiac rehabilitation program



Better off with MetroRehab

Why choose MetroRehab Hospital?

- We are a private, independent rehabilitation hospital providing both inpatient and day program cardiac services
- Our sole focus is rehabilitation and this is evidenced by the outcomes our patients achieve
- We have a dedicated and highly skilled multidisciplinary rehabilitation team with extensive cardiac experience – which includes rehabilitation specialists, rehabilitation registrars, physiotherapists, exercise physiologists, occupational therapists, dietitians, social workers, clinical psychologist and rehabilitation nurses
- Fully equipped rehabilitation gym
- Free onsite parking and ample street parking nearby
- Submaximal exercise testing
- Individualised assessment and treatment
- Small group environment

What cardiac conditions do we treat?

The team at MetroRehab Hospital have experience treating people with a range of cardiac conditions:

- Myocardial infarction (heart attack)
- Cardiac surgery (stent/CABG/valve replacements)
- Stable or unstable angina
- Controlled heart failure or other vascular/heart disease

What does cardiac rehab involve?

You will have:

- An initial assessment with a rehabilitation specialist
- A submaximal exercise test with our exercise physiologist
- Twice weekly exercise and education for 6 weeks
- An individually tailored program in a small group setting

What is cardiac rehabilitation?

Cardiac rehabilitation helps people recover from myocardial infarction (heart attack), heart surgery or various cardiovascular conditions and diseases.

The Cardiac Rehabilitation Program is a specialised, multidisciplinary approach to treatment which aims to optimise your recovery. Our Cardiac Rehabilitation Program aims to:

1. Help you recover and manage after cardiac surgery, infarction or heart disease
2. Get you – your heart, lungs and body – as healthy as possible
3. Help you regain the confidence to get back into life, work and to increase your activity levels
4. Identify risk factors which contributed to your heart condition and reduce those risks
5. Improve your overall wellbeing



We look forward to working with you and your family

For more information regarding the Cardiac Rehabilitation Program at MetroRehab, please call us:

General Enquiries: 02 8585 4900

Day Program Coordinator: 02 8585 4914

