

“Everyone was so helpful in my recovery. They took the time to understand how I live and helped me establish a routine that feels natural for me. It is not over yet, but I feel better than ever.”

~ Tikki
Cardiac Rehab Patient, Age 64



Mt. Ascutney Hospital
and Health Center
Dartmouth-Hitchcock

SCHEDULING A TREATMENT

For more information about the Cardiac Rehabilitation Program at Mt. Ascutney Hospital, please call (802) 674-7205.

A physician's referral must be obtained prior to receiving treatments.

289 County Road, Windsor, VT 05089
(802) 674-6711 • MtAscutneyHospital.org



CARDIAC REHABILITATION AT MAHHC

CARDIAC REHABILITATION SAVES LIVES

If you have a cardiac condition, studies show that exercise and education as part of cardiac rehabilitation can have a huge impact on your recovery and quality of life. People who attend 36 sessions have a 47 percent lower risk of death and a 31 percent lower risk of heart attack than those who attend only one session.*



CERTIFIED OUTPATIENT PROGRAM

For patients who have experienced a heart attack, cardiac surgery, angina, or other heart diseases, Mt. Ascutney Hospital and Health Center offers complete, personalized Cardiac Rehabilitation, certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

In small classes of up to 4 people, you will engage in structured aerobic and strengthening exercises tailored to your individual needs, using standing or recumbent treadmills, elliptical machines, and free weights. Your progress will be tracked to help you measure your accomplishments.

You will also receive education and support to help you live a heart-healthy life, including consultations with a registered dietitian, smoking cessation support if needed, and classes on stress reduction and other topics.

LIFETIME WELLNESS PROGRAM

After you have completed your 36-week rehabilitation course, it's important to stay fit and active. Our Wellness Program gives those who have cardiac disease, and who have attended rehab in the past, access to exercise and physical conditioning here at the Hospital.

We are open Monday through Friday from 6 AM to 4 PM to meet your scheduling needs.

YOUR TEAM

The Cardiac Rehabilitation Team consists of a physician, a cardiac rehabilitation nurse, dietitian, and a therapeutic therapist. Our team works with you to develop and implement an exercise and lifestyle plan that suits your life and circumstances.

* Statistics according to Million Hearts®, an initiative of the United States Centers for Disease Control and Prevention, and Centers for Medicare & Medicaid Services millionhearts.hhs.gov/files/Cardiac_Rehab_Infographic-508.pdf

