Program Overview

Our Cardiopulmonary Rehab Department offers several programs to help improve patients' quality of life after a health event.

- Provider-referred, medically supervised outpatient rehabilitation programs
- Designed for individuals recovering from heart or lung conditions, other procedures, or disease management
- Personalized exercise programs based on your health, goals, and fitness level
- Monitoring during exercise to ensure safety. Exercise will improve strength, endurance, and quality of life.
- Education on improving wellness, including nutritional guidance, stress management, and risk factor reduction
- Guidance on breathing techniques, energy conservation, and symptom management

CRHC's Cardiac Rehab Program is Certified by the AACVPR!



MEET OUR TEAM



Kayla Cornelison, BSN, RN
Cardiopulm Rehab Manager



William Greenleaf, BSN, RN
Cardiopulm Rehab Nurse



Jenn Sands, CPT
Wellness Specialist



Alex Amaral, BPHE
Wellness Specialist

CONTACT INFO

Cardiac Rehab RN Office:
(712) 542-8299

Rehab & Sports Med Center:
(712) 542-8224

Cardiopulmonary Rehab Hours

Monday - Wednesday
7:00 am - 4:30 pm

Thursday
7:00 am - 1:30 pm

Friday
7:00 am - 2:30 pm

Advancing Exceptional Care



Cardiac & Pulmonary Rehab Programs

Clarinda Regional Health Center

220 Essie Davison Dr.
Clarinda, Iowa 51632

P (712) 542-2176
F (712) 542-8205

ClarindaHealth.com

Cardiac Rehab Phase 2

This program is prescribed by a medical provider after a heart event. Cardiac rehab is offered Monday, Wednesday, and Friday and supervised by our cardiopulmonary rehab RN. The program combines exercise and education along with access to other services, such as:

- *Education about risk factors*
- *Stress management*
- *Cardiac monitoring during sessions*
- *Dietary Services*

Qualifications for Cardiac Rehab Phase 2

- *Posterior myocardial infarction (MI) (heart attack within the last 12 months)*
- *Stent placement*
- *Coronary Angioplasty (PTCA)*
- *Chronic chest pain (Angina)*
- *CABG (Coronary Artery Bypass Surgery)*
- *Heart failure*
- *Heart Valve surgery, replacement/repair*
- *Heart Transplant*

Pulmonary Rehab Phase 2

This program is designed for patients dealing with some form of chronic lung disease. Pulmonary Rehab is a prescribed therapy that is monitored by our cardiopulmonary rehab RN. The program combines exercise and education along with access to other services, such as:

- *Education about risk factors*
- *Stress management*
- *Tips to manage daily breathing*
- *Smoking Cessation*
- *Dietary Services*

Qualifications for Pulmonary Rehab Phase 2

- *COPD (Emphysema or Chronic Bronchitis)*
- *Bronchiectasis*
- *Pulmonary Hypertension*
- *Lung Cancer*
- *Post COVID-19 Complications*
- *Chronic Pulmonary Embolisms*
- *Cystic Fibrosis*
- *Interstitial Lung Diseases, such as:*
  - *Pulmonary Fibrosis*
  - *Sarcoidosis*
  - *Occupational exposure causing scarring*

Maintenance Program Phase 3

This is a program for people who have completed a supervised rehabilitation program, such as Cardiac or Pulmonary Rehab, and want to continue exercising in a safe environment. While this is not a medically monitored program, our staff is available to help you stay on track with your long-term wellness.

- *Cost of attendance is $6.00 per visit*
- *This is a self-pay program offered Tuesdays and Thursdays*

SET PAD Program

This program is **S**upervised **E**xercise **T**herapy (SET) for patients with **P**eripheral **A**rtery **D**isease (PAD). It is a medically supervised exercise program designed for people with peripheral artery disease who experience leg pain or cramping when walking. Through a personalized walking program, you'll gradually build your walking time and distance in a safe environment under the guidance of trained healthcare professionals. This program also provides access to other services such as:

- *Education about risk factors*
- *Dietary services*
- *Smoking cessation*

Qualifications for the SET PAD Program

- *Your primary care provider (PCP) may request diagnostic testing to determine the severity of your Peripheral Artery Disease (PAD) and ensure your eligibility for the SET PAD Program.*

