Gifford Medical Center in Randolph, Vermont, is a non-profit, community hospital with family health centers in Bethel, Chelsea, Rochester and Sharon and specialty services throughout central Vermont. Gifford is a full-service hospital with a 24-hour emergency department, inpatient and rehabilitation units, a day care, an adult day care, a 30-bed nursing home and a renowned Birthing Center. Gifford offers the perfect combination of family-centered care and advanced technology. It’s the medical center’s goal to offer each patient a medical home, where patients are comfortable receiving care and building long-lasting relationships with their caregivers.

Learn more by visiting us on the Web at www.giffordmed.org.

Directions

From Interstate 89 take Exit 4 (Randolph) and head west on Route 66 to Route 12 south.

Gifford is one mile on the left. Drive through the entire village of Randolph and up the hill going out of town.

Cardiac Rehabilitation at Gifford

Gifford Medical Center

44 South Main Street, Randolph, VT 05060
phone (802) 728-2222 • fax (802) 728-2242
www.giffordmed.org
What is Cardiac Rehabilitation?

Cardiac rehabilitation is an important recovery step for people with coronary heart disease, angina, recovering from a heart attack or heart surgery, stent placement or other heart conditions. Like with any rehabilitation program, cardiac rehabilitation includes a combination of education and exercise to help heart patients return to a healthy, active life.

Cardiac rehabilitation begins after heart patients are discharged from the hospital, usually four to six weeks following their heart incident or surgery. The outpatient program is generally recommended by patients’ cardiologists as a crucial step in their recovery plan.

What can I expect at Gifford?

Gifford’s cardiac rehabilitation program is offered by the Cardiopulmonary Department in a special gym space accessible from the Radiology Department waiting area. The program is held three days a week (on Monday, Wednesday and Friday mornings) for one hour. Participants join for six to 12 weeks and follow an education and progressive exercise program tailored to each individual’s specific needs and health condition.

The hour-long sessions will include:
- A warm-up period;
- Exercise on a treadmill, a recumbent bike, arm ergometer and with hand weights;
- A cool down period;
- Pulse checks at rest, during exercise and after cool down; and
- Heart monitoring throughout the session.

Up to four participants will be in the gym at one time. One of Gifford’s three specially trained registered nurses will lead each session and carefully monitor patients. Also offered will be group educational sessions once a week. Education topics include dietary counseling, stress management and how to modify behaviors to reduce one’s risk of future heart disease. The medical center’s physical therapists and registered dietitian will help lead some of these discussions.

Upon completion of Gifford’s program, participants are encouraged to follow a home exercise and diet program to maintain their highest level of heart health possible.

How can Cardiac Rehabilitation help me?

Gifford’s goal is to help heart patients regain good health, so that they may return to work, recreational activities and the tasks of daily living, if possible. This includes:
- Improving one’s physical, mental and social health;
- Helping patients understand and adapt to their coronary artery disease;
- Reducing risk factors through lifestyle changes; and
- Helping patients get back their confidence.

Get started

If you don’t already have a referral from your physician, talk to him or her about cardiac rehabilitation and how it might help you. For more information about Gifford’s program, the program schedule or to enroll, call the Cardiopulmonary Department at (802) 728-2222.