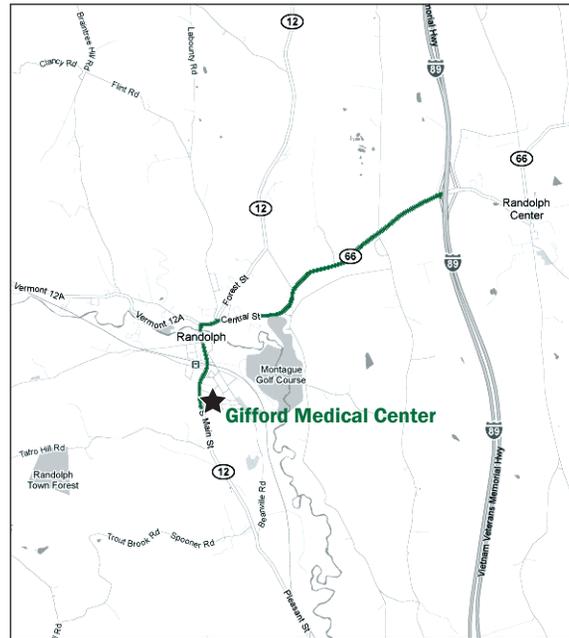




Gifford Medical Center, a Critical Access Hospital in Randolph, Vermont, is the heart of the Gifford Health Care system. Nationally recognized for its importance in serving our rural community, it has remained a central hub of high-quality medical care in Vermont for over 110 years.

Here, you'll find helpful staff, skilled providers, and exceptional specialty care, close to home. We provide a wide range of services within our modern, comfortable facility, including 24-hour emergency care, inpatient and outpatient services, diagnostic imaging, surgery and rehabilitation, and end-of-life care. Additionally, our newly renovated and highly acclaimed Birthing Center combines the expertise of OB/GYN care and low-intervention midwifery. At Gifford Medical Center, we care for you with a hometown approach... for life.

## 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.



### Gifford Medical Center

44 South Main Street, Randolph, VT 05060  
phone (802) 728-2667 • fax (802) 728-2242  
[www.giffordhealthcare.org](http://www.giffordhealthcare.org)



# Gifford

## Cardiac Rehabilitation

Randolph, Vermont • [www.giffordhealthcare.org](http://www.giffordhealthcare.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 two 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 Thursday) for approximately 1.5 hours. Participants join for anywhere

between 2 to 12 weeks and follow an education and progressive exercise program tailored to each individual's specific needs and health condition.

The 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
- Heart monitoring throughout the session

Up to four participants will be in the gym at one time. One of Gifford's three specially trained staff members 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 support staff will help lead some of these discussions.

Upon completion of Gifford's program, participants are encouraged to follow a home exercise and lifestyle 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
- 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) 728-2667**.