



Holzer Cardio / Pulmonary Rehab Center Services

The Cardio/Pulmonary Rehabilitation Staff at Holzer are trained professionals with the knowledge and experience necessary to help patients achieve a more active and healthy lifestyle.

Cardiac Rehabilitation

Pulmonary Rehabilitation

Stress Testing

Echocardiograms

Stress Echocardiograms

Transesophageal Echocardiograms

30-Day Event Monitors

Carotids

Stenting

Holter Monitor

Tilt Table Testing

Pulmonary Function Studies

Consultations

Cardio / Pulmonary Rehab Locations

Holzer Sycamore

4th Avenue & Sycamore Street
Gallipolis, OH 45631
740-446-5280 (Phone)
740-446-5470 (Fax)

Holzer Jackson

280 Pattonsville Road
Jackson, OH 45640
740-395-8868 (Phone)
740-395-8606 (Fax)

Holzer Meigs

88 East Memorial Drive
Pomeroy, OH 45769
740-992-2598 (Phone)
740-446-5830 (Fax)

Holzer is a multi-discipline health care system of over **160 Providers** administering care in more than **30 areas of medical specialties.**



1-855-4HOLZER • www.holzer.org



Cardio / Pulmonary

Rehabilitation Center



Put your
heart
in our hands



Cardiac Rehabilitation

The Cardiac Rehab program is designed to rehabilitate people who have various heart conditions. It includes closely monitored exercise sessions and educational classes on heart related topics. Physicians referring to this program are kept up to date on the rehab status of their patients.

Cardiac Rehab is intended for any person who has/had:

- A heart attack
- Heart surgery or angioplasty
- Angina (chest pain)
- A high risk for developing heart disease

(Other heart concerns may also apply)

The Program Includes:

- A complete history and physical, a treadmill exercise test and a heart monitoring test.
- Three individualized one hour exercise sessions each week under close supervision.
- Classes on heart related topics including nutrition, exercise, smoking cessation, stress management, cardiovascular risk factors, anatomy and physiology of the heart, and more.

Pulmonary Rehabilitation

The Pulmonary Rehab program is designed to rehabilitate people who have lung conditions. Like the Cardiac Rehab program, it includes closely monitored exercise, as well as educational classes on lung related topics. Physicians referring to this program are kept up to date on the rehab status of their patients.

Pulmonary Rehab is intended for anyone who has:

- Emphysema
- Chronic bronchitis
- Black lung
- Asthma
- Any other form of lung disease

The Program Includes:

- A series of breathing test and a chest X-ray to determine degree of impairment.
- Three individualized one hour exercise sessions each week under close supervision.
- Classes on topics such as proper breathing techniques, smoking cessation, nutrition, proper use of medications, and more.

Program Costs

Cardiac Rehab

Most major health insurance plans will cover at least 80% of the charges for Cardiac Rehabilitation after any yearly deductible is met. We can assist in determining the patient's benefits and help pre-certify if necessary.

Pulmonary Rehab

Holzer accepts most major insurance plans. Some patients may qualify for the Federal Black Lung Grant program and be eligible for financial assistance with their rehabilitation.

