

## CARDIAC REHABILITATION

TO RECEIVE OUTPATIENT REHABILITATION THERAPY AT LAUDERDALE COMMUNITY HOSPITAL, A SIGNED PRESCRIPTION FROM A PHYSICIAN LISTING SPECIFIC ORDERS, DIAGNOSIS AND ANY PRECAUTIONS OR LIMITATIONS MUST ACCOMPANY THE PATIENT OR BE FAXED PRIOR TO APPOINTMENT. OUR LICENSED STAFF WILL PERFORM A THOROUGH EVALUATION AND DEVELOP AN APPROPRIATE AND INDIVIDUALIZED TREATMENT PLAN. FOR QUESTIONS OR TO HAVE YOUR DOCTOR MAKE A REFERRAL, PLEASE CALL 731-221-2501. WE WILL KEEP YOUR PHYSICIAN INFORMED ABOUT YOU.



Pennie E Williams, RRT, RN; Program Coordinator

Sandy Rice, RRT; Director

**Lauderdale  
Community Hospital  
Cardiac  
Rehabilitation  
Services  
326 Asbury Ave.  
Ripley, TN 38063**



**We will be  
happy to help  
your recovery.**

**Phone: 731-221-2501  
Fax: 731-221-2178  
pennie.williams@lauderdalehospital.com  
WWW.LauderdaleHospital.com**



## CARDIAC REHABILITATION SERVICES

**WE OFFER LOCAL  
PROFESSIONAL SERVICES**

**TELEPHONE # 731-221-2501**

# CARDIAC REHABILITATION SERVICES

## INDIVIDUALIZED TREATMENT PROGRAMS FOR:

- BYPASS SURGERY
- HEART ATTACK
- CORONARY INTERVENTIONS (STENT)
- STABLE ANGINA
- VALVE REPLACEMENT

## REHABILITATION SERVICES

Lauderdale Community Hospital operates an outpatient Rehabilitation Program conveniently located inside the hospital. Skilled healthcare professionals offer a fully monitored program; personally tailored education; and continual communication with your primary physician. Rehabilitation allows many people to resume their daily lives after a cardiac event by providing education to give you

- Get Stronger
- Feel Better Faster
- Return to Former Activities
- Reduce the Risk of Future Heart Problems
- Live Healthier
- Learn about your Medications
- Learn about Foods you like to eat
- Daily Activities to Strengthen Muscles



- Treadmills
- NuSteps
- Hand Weights
- Arm Bicycle
- Resistance Bands

A staff that is concerned and cares for your needs with instruction and education needed to help you live a full life.



the power to change risk factors that could cause future heart problems.

We can provide up to 36 visits over 90 days to best suit your



All the monitoring and exercise equipment needed to meet your rehabilitation needs.

needs and provide your insurance information for best reimbursements.

## HEALTHY HEART AND LUNGS

Lauderdale Community Hospital does not discriminate against any person on the basis of race, color, national origin, disability, or age in admissions, treatment, or participation in its programs, services and activities, or in employment.

## CONVENIENTLY SCHEDULED FOR YOU

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