

Office Information

Monday– Friday

8:00 a.m. to 4:30 p.m.

Phone: 660-686-2229



Compassionate Care. Close To Home.

**Cardiac Rehab/
Wellness**

Community Hospital-Fairfax
P.O. Box 107
Fairfax, MO 64446
660-744-2211
www.FairfaxMed.com

Cardiac Rehab & Wellness Services

Candidates for Cardiac Rehab include anyone with the following:

- Stable angina
- PTCA
- Stents
- MI
- CABG
- Valve Repair
- Transplant

Cardiac Rehab Offers

- Better health
- Reduced risk of future health problems
- Improved strength to resume normal activities
- Knowledge of safe exercise methods
- Learning heart healthy food choices
- Increased confidence
- Support and motivation from caring staff and other patients



Cardiac Rehab is a program of exercise therapy and lifestyle modification aimed at strengthening your heart and improving cardiovascular health.

- Individual assessments are done to find the proper equipment and exercise for each patient, so every one's experience is unique and tailored to their specific needs and comfort levels.
- Vitals signs and telemetry (cardiac monitoring) are assessed prior to exercise, during exercise and post exercise to monitor the patient.
- Cardiac Rehab provides an avenue of communication between the patient and his/her doctors.

Education classes are offered with these two discussion topics:

- Medications
- Diet & Nutritional Information
- Benefits of Exercise
- Stress
- Cholesterol
- Blood Pressure
- Increased communication between doctors and patients
- Weight Management
- Smoking Cessation

Wellness Program

Whether you have finished Cardiac Rehab and want to continue with your exercise or just need a place to go to exercise, come see us. We have treadmills, Nusteps, a Biodex and an aerodyne cycle. Health and well-being are important to us at Community Hospital-Fairfax. That is why we offer a wellness program for everyone to use.

The Wellness Program offers an opportunity for continual conditioning for individuals after completion of rehab program or for anyone desiring the need of a regular disciplined exercise program.

A fee is charged. This is paid out of pocket; Insurance or Medicare will not cover the cost. Consent form provided, to be signed by their physician before starting the program.

