

Personalized plans
to meet your needs



Cardiopulmonary Rehab Services

1855 South Main St., Suite B
Goshen, IN 46526

Office (574) 364-2587
Fax (574) 364-2531

**Cardiopulmonary
Rehab Services**



Goshen Hospital



Goshen Hospital

Welcome to Cardiopulmonary Rehab!

PROGRAM

Routine sessions are scheduled **three times per week**. Program length will depend on your condition, and your doctor's recommendations.

EDUCATION

All patients will receive education weekly. This will allow you to learn more about your health and how to take care of yourself. Handouts will be provided. Questions are expected and encouraged!

EXERCISE

Activity will include both strengthening and conditioning exercises. Your well-being is our main concern, and your workout will be tailored to meet the level with which you are most comfortable and safe. You will be carefully monitored. This includes measuring your oxygen saturation, heart rate, blood pressure, shortness of breath and perceived exertion (or work).

WHAT TO WEAR

Wear athletic shoes and comfortable clothes. Layers are often best, allowing you to remove clothing if you become too warm.

Please do not wear cologne or aftershave. Although pleasant to us, these smells can cause breathing difficulty for your fellow patients.

EATING

If you eat before coming for an appointment, make sure it is a light meal. **Avoid large quantities of food.** You will need your energy to exercise!

Feel free to bring snacks if needed.

If you are diabetic, please follow your meal plan and monitor your blood sugars.

MEDICATIONS AND OXYGEN

If you think you might need your rescue inhaler or nitroglycerin tablets, **bring them with you.**

You should bring your portable oxygen system when coming to your appointment.

We will provide complementary oxygen during your session if needed.

SMOKING

Goshen Health is a smoke-free campus.

ILLNESS/ABSENCES

If you are not feeling well or have another commitment, **please call 574-364-2587 to cancel your appointment.** Stay home if you are ill; you do not want to make others in the rehab program sick.

If calling after hours, simply leave a message. Appointment attendance is essential.

If you are unable to be contacted after multiple absences, you will be discharged from the Rehab program.

HOLIDAYS

The program will be closed on holidays. Any modified hours due to a holiday will be posted beforehand.

CANCELLATIONS

If there is a severe weather alert, we will be closed as well. Please call 574-364-2587 with any questions or simply stay home if you feel the conditions are unsafe to travel.

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