

Dr Simon Chan

Welcome to Mt Wilga Private Hospital's Cardiac Rehabilitation Program
"Kick-start your Heart".

We are very proud to offer you a targeted program aimed at optimising your physical, psychological and emotional wellbeing after a cardiac event or surgery. Our program offers you a comprehensive multi-disciplinary approach to your care with a focus on achieving your personal goals and getting you back on your feet sooner.

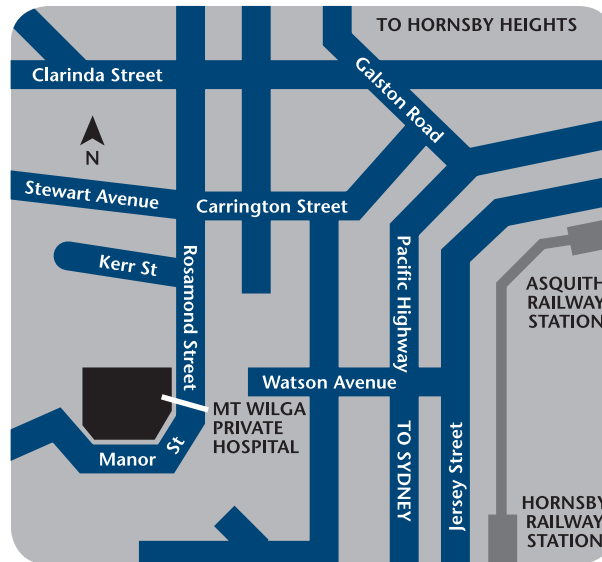
We look forward to welcoming you to our program.



Dr Simon Chan

Consultant Physician in Rehabilitation Medicine

Mt Wilga Private Hospital



Mt Wilga Private Hospital

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Mt Wilga Kick Start Your heart Rehab DL - October 2014

People caring for people



Kick-start Your Heart

Your Cardiac Rehabilitation Program



MT WILGA
PRIVATE HOSPITAL

Mt Wilga Private Hospital has been caring for patients, just like you, who require rehabilitation after surgery or illness for over 60 years. As the largest provider of private rehabilitation services in NSW and with our established reputation, Mt Wilga is well placed to offer you a unique cardiac rehabilitation program “Kick-start your Heart”.

Research shows that cardiac rehabilitation can help speed your recovery and reduce your chances of future heart problems.

Physical activity improves your ability to resume daily living activities, return to work or enjoy your leisure pursuits sooner.

Exercise tones your muscles and improves your energy levels, helping your heart and body to get stronger and work more efficiently.

A healthy diet can help with weight control, may help lower blood cholesterol, control or prevent high blood pressure and other problems like diabetes.

It can build your confidence and help you plan and deal with any uncertainty or fears that you may have since your illness or surgery.

Your Kick-start Program

Your program is for 4 weeks, 2 days a week for approximately 3 hours per day and includes a light lunch. You will be looked after by our dedicated and professional team, including Exercise Physiologists, Occupational Therapists, Dietitians and Psychologists. Features of your program include:

- **Education relating to reducing your future cardiac risk factors**
- **Exercise prescription for your individualised strength and cardiovascular training**
- **Guidance on how to establish your home based exercise program**
- **How to manage your post operative precautions**
- **Advice on resuming daily living activities and your work and leisure pursuits.**
- **Healthy eating habits for your heart**
- **Stress and Anxiety Management**

Our program is run in a group environment, however, your program is designed specifically to meet your individual needs and wants based on your capabilities and goals.

How do I get on the Kick-start Program?

A referral from your GP or specialist is all that is required and they can fax it to our Day Program office on (02) **9847 5089**. If you are already a Mt Wilga inpatient we will organise the referral for you.

Our admissions team will check with your health fund to make sure you are fully covered. If you are not privately insured, we will provide a quote for the costs of the program.

You will be assessed by the Rehabilitation Physician prior to the commencement of your individual program.

We understand that you may not be able to drive or find someone to drive you to the hospital. We do have a transport program available to you at the cost of community transport. Please talk to our day program team on (02) **9847 5086** and they will discuss this option with you.

If you would like to find out more about Mt Wilga Private Hospital, our facilities and services please go to **www.mtwilgaprivate.com.au**.

