



FutureCare is proud to offer **HeartStrong** program - our comprehensive cardiac rehabilitation. FutureCare's multidisciplinary team of physicians, nurse practitioners, therapists and other clinical specialists, work together to improve each patient's overall cardiovascular health, using progressive technology and strong fundamental rehabilitation techniques

**HeartStrong** is part of the **VitalStrong Rehabilitation program** offered at FutureCare, focused on getting you home faster...and stronger.

**VitalStrong**<sup>™</sup>  
Rehabilitation

**HeartStrong**

[VitalStrong.com](http://VitalStrong.com)

**HeartStrong**  
by FutureCare



# Our cardiac rehabilitation team has one goal... getting you home faster and stronger.

The **HeartStrong** program at FutureCare is designed to meet the clinical and short stay rehabilitation needs of those who have been diagnosed with cardiac illnesses such as Coronary Artery Disease (CAD), Congestive Heart Failure (CHF) Myocardial Infarction (MI), or other cardiac diagnoses. In addition, we provide care for patients who require short stay rehabilitation and therapy, following these procedures and treatments:

- Cardiac Stenting
- Clinical Care Post Pacemaker
- Implanted Defibrillator (ICD)
- Life Vest Monitoring
- Valve Replacements
- Complications from Cardiac Catheterization
- Coronary Artery Bypass Grafting (CABG)



## Our Cardiac Rehab Team

Our team of experienced professionals work together to optimize your cardiac health.

- Consulting Cardiologists
- Medical Director
- Care Navigator
- Nurse Practitioner
- 24-Hour clinical leadership
- 24-Hour Registered Nurses
- Rehabilitation Therapists – physical, occupational and speech
- Dietician
- Consulting Physiatrist

## Holistic Team Approach

**Advanced Nursing Care** - Our Team of licensed nurses and nursing assistants are here for you around the clock to provide post-operative wound care, pain management, manage medications and any other assistance you require for your recovery.

**Nutrition** - Our full-time registered dietitian will work closely with you to monitor your fluid and sodium intake according to your doctor's orders.



In addition, the dietitian will work closely with Occupational Therapists on heart-healthy recipes and cooking, as well as how to read food labels. Together, you will all prepare a heart-healthy meal in our cooking class.

**Physiatrist Services** -(Physical Medicine and Rehab) The physiatrist works closely with the therapists to ensure your rehab plan is best suited for your needs, as well as being an expert on pain management.

**Social Services** - Our full-time social service staff will assist you with facilitating discharge planning and coordination of care and services for your return home.