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Cardiac Rehabilitation


Cardiac rehabilitation (rehab) is a medically supervised program to help people who have:

- A heart attack [<https://medlineplus.gov/heartattack.html>]
- Angioplasty [<https://medlineplus.gov/angioplasty.html>] or coronary artery bypass grafting [<https://medlineplus.gov/coronaryarterybypasssurgery.html>] for coronary heart disease
- A heart valve [<https://medlineplus.gov/heartvalvediseases.html>] repair or replacement
- A heart transplant [<https://medlineplus.gov/hearttransplantation.html>] or a lung transplant [<https://medlineplus.gov/lungtransplantation.html>]
- Angina [<https://medlineplus.gov/angina.html>]
- Heart failure [<https://medlineplus.gov/heartfailure.html>]

The goal is to help you return to an active life, and to reduce the risk of further heart problems. A team of specialists will create a plan for you that includes exercise training, education on heart healthy living, and counseling to reduce stress. You will learn how to reduce your risk factors, such as high blood pressure, high blood cholesterol, depression, and diabetes. Being overweight, having obesity, smoking, and not exercising are other risk factors.

NIH: National Heart, Lung, and Blood Institute



Start Here

- Cardiac Rehabilitation [<https://www.mayoclinic.org/tests-procedures/cardiac-rehabilitation/about/pac-20385192?p=1>]
(Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/tests-procedures/cardiac-rehabilitation/about/pac-20385192?p=1>]
- Heart Treatments [<https://www.nhlbi.nih.gov/health/heart-treatments-procedures>]  (National Heart, Lung, and Blood Institute)
Also in Spanish [<https://www.nhlbi.nih.gov/es/salud/tratamientos-cardiacos-procedimientos>]
- What Is Cardiac Rehabilitation? [<https://www.heart.org/en/health-topics/cardiac-rehab/what-is-cardiac-rehabilitation>]
(American Heart Association)


Living With

- Eating Well and Losing Weight [<https://www.heart.org/en/health-topics/cardiac-rehab/taking-care-of-yourself/eating-well-and-losing-weight>] (American Heart Association)
- Managing Your Medications [<https://www.heart.org/en/health-topics/cardiac-rehab/managing-your-medicines>]
(American Heart Association)
- Post Surgery Milestones: Managing Your Mood, Expectations and Goals [<https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/recovery-and-healthy-living-goals-for-heart-valve-patients/post-surgery-milestones-managing-your-mood-expectations-and-goals>] (American Heart Association)
- Taking Care of Yourself [<https://www.heart.org/en/health-topics/cardiac-rehab/taking-care-of-yourself>]
(American Heart Association)

Related Issues

- All about Heart Rate [<https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/all-about-heart-rate-pulse>] (American Heart Association)
- Common Problems and Solutions for Being Physically Active [<https://www.heart.org/en/health-topics/cardiac-rehab/getting-physically-active/common-problems-and-solutions-for-being-physically-active>] (American Heart Association)
- High Blood Pressure: MedlinePlus Health Topic [<https://medlineplus.gov/highbloodpressure.html>]
 (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/highbloodpressure.html>]
- Weight Control: MedlinePlus Health Topic [<https://medlineplus.gov/weightcontrol.html>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/weightcontrol.html>]

Clinical Trials


- ClinicalTrials.gov: Cardiac Rehabilitation [<https://clinicaltrials.gov/search?cond=%22Cardiac+Rehabilitation%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles


References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Randomised controlled trial of standard outpatient cardiac rehabilitation versus personalised cardiac... [<https://www.ncbi.nlm.nih.gov/pubmed/40744511>]
- Article: Early Cardiac Rehabilitation for Critically Ill Patients With Acute Decompensated Heart... [<https://www.ncbi.nlm.nih.gov/pubmed/40736732>]
- Article: Trends and advances in cardiac rehabilitation for congenital heart disease: a... [<https://www.ncbi.nlm.nih.gov/pubmed/40722104>]
- Cardiac Rehabilitation -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Cardiac+Rehabilitation%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Reference Desk

- Heart Anatomy [<https://www.texasheart.org/heart-health/heart-information-center/topics/heart-anatomy/>] (Texas Heart Institute)
Also in Spanish [<https://www.texasheart.org/heart-health/heart-information-center/topics/anatomia-del-corazon/>]
- Heart Information Center [<https://www.texasheart.org/heart-health/heart-information-center/>] (Texas Heart Institute)
Also in Spanish [<https://www.texasheart.org/heart-health/heart-information-center/topics/glosario-de-terminologia-cardiovascular/>]
- How the Heart Works [<https://www.nhlbi.nih.gov/health/heart>]  (National Heart, Lung, and Blood Institute)
Also in Spanish [<https://www.nhlbi.nih.gov/es/salud/corazon>]

Find an Expert

- American Heart Association [<https://www.heart.org/en/>]
- National Heart, Lung, and Blood Institute [<https://www.nhlbi.nih.gov/>] 

Patient Handouts

- Cardiac rehabilitation [<https://medlineplus.gov/ency/patientinstructions/000791.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000791.htm>]
- Electrocardiogram [<https://medlineplus.gov/ency/article/003868.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003868.htm>]



MEDICAL ENCYCLOPEDIA

Cardiac rehabilitation [<https://medlineplus.gov/ency/patientinstructions/000791.htm>]

How to take your pulse [<https://medlineplus.gov/ency/patientimages/000309.htm>]

Pulse [<https://medlineplus.gov/ency/article/003399.htm>]

Related Health Topics

Heart Attack [<https://medlineplus.gov/heartattack.html>]

Heart Diseases [<https://medlineplus.gov/heartdiseases.html>]

How to Prevent Heart Disease [<https://medlineplus.gov/howtopreventheartdisease.html>]

National Institutes of Health

The primary NIH organization for research on *Cardiac Rehabilitation* is the National Heart, Lung, and Blood Institute [<http://www.nhlbi.nih.gov/>]

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/cardiacrehabilitation.html>] on *Cardiac Rehabilitation*

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