



Cardiac and lung rehabilitation in Wisconsin

Cardiac, pulmonary, and vascular rehabilitation care teams at Ascension Wisconsin provide personalized care after surgery or a heart attack.

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Cardiac rehabilitation care teams with Ascension Wisconsin are committed to providing the right recovery care for you after surgery. Many of our outpatient cardiac and pulmonary rehabilitation programs are certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

Manage your recovery with cardiac rehabilitation

Your care team listens to understand you and your health concerns. Then, we work with you and your doctor to create a cardiac rehabilitation plan that's right for you. Our goal is to deliver care to help you quickly recover and get you back to the activities you love. Your nurses and exercise specialists work with you to strengthen your heart and lungs and help manage your symptoms. During cardiopulmonary rehabilitation, we monitor your heart and nutrition and lifestyle changes to lower your cholesterol, blood pressure and improve your overall health. We also help you cope with stress by providing support to you and your family.

A doctor's referral is required to participate in the program. Medicare Part B and other private health insurance plans provide a covered benefit for participating in general or intensive cardiac rehabilitation, pulmonary rehabilitation, and vascular rehabilitation.

Ask your heart doctor if you are a candidate for cardiac rehabilitation. Your care plan is personalized for you based on your heart condition and recent heart surgery or procedure, such as:

Bypass surgery

Chronic asthma

Congestive heart failure

Coronary stent or angioplasty

Chronic obstructive pulmonary disease (COPD)

Heart attack

Heart transplant or heart pump implantation

Heart valve replacement or repair

Peripheral artery disease (PAD)

Respiratory illnesses

Stable angina



Program features and benefits

Your cardiac and pulmonary care team provide guidance and support throughout your recovery. The goals of our cardiopulmonary rehabilitation program include:

Controlling weight and improving cholesterol levels

Creating healthy lifestyle habits and managing stress

Increasing self-confidence

Reducing your symptoms and helping to prevent another cardiac event

Helping you return to work and activities of daily living

Strengthening and conditioning your heart and lungs

Helping you understand your medications and how to manage your heart condition

Phases of cardiac rehabilitation

Inpatient cardiac rehabilitation (Phase I) - Hospital-based care that begins shortly after your heart surgery or diagnosis. Your cardiologist and inpatient care team work together to provide you with a personalized recovery care plan.

Outpatient cardiac rehabilitation (Phase II) - After you are discharged from the hospital, you'll participate in a medically supervised outpatient program that takes place at a hospital or clinic.

Continuation program (Phase III and Phase IV) - At some Ascension Wisconsin sites of care, we provide cardiac rehab that supports you post-recovery, helping you maintain a heart healthy lifestyle.

Take steps to improve peripheral artery disease

Your vascular specialist and care team deliver advanced care for peripheral vascular disease, also known as peripheral artery disease (PAD). PAD affects the blood flow going through your legs and to your heart. Vascular rehabilitation may be recommended for those who have PAD or vascular leg surgery. Vascular rehabilitation is a medically supervised exercise program that helps you:

Identify exercises to improve vascular health



Improve your stamina and endurance

Relieve leg pain

Walk longer distances

During vascular rehabilitation we provide:

A home exercise program

Blood pressure and electrocardiogram (EKG) monitoring, as needed

Information on PAD symptoms, risk factors and management

Supervised interval exercise training to improve walking

Exercise options after completing the program

Your care doesn't end after completing your cardiac rehabilitation. Managing your heart and lung care is easier with a doctor and supportive care team who connect you to additional resources and fitness programs.

Refer your patient to a cardiac rehabilitation specialist

Your patients can expect compassionate, personalized care from the moment our specialists connect with them. Our rehabilitation care teams start by listening to fully understand your patient's needs and to develop an individualized care plan.

Cardiac, pulmonary and vascular rehabilitation locations:

Northeast Wisconsin:

[Ascension Medical Group Wisconsin - Ninth Avenue, Oshkosh](#)

[Ascension NE Wisconsin - St. Elizabeth Campus, Appleton](#)

Southeast Wisconsin:

[Ascension All Saints Hospital - Main Entrance - Spring Street Campus, Racine](#)

