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Shuttle Schedule

Monroe Communities

Cardio Metabolic Institute

Clearbrook

Concordia

Encore

9:15 am



Green Briar At Whittingham

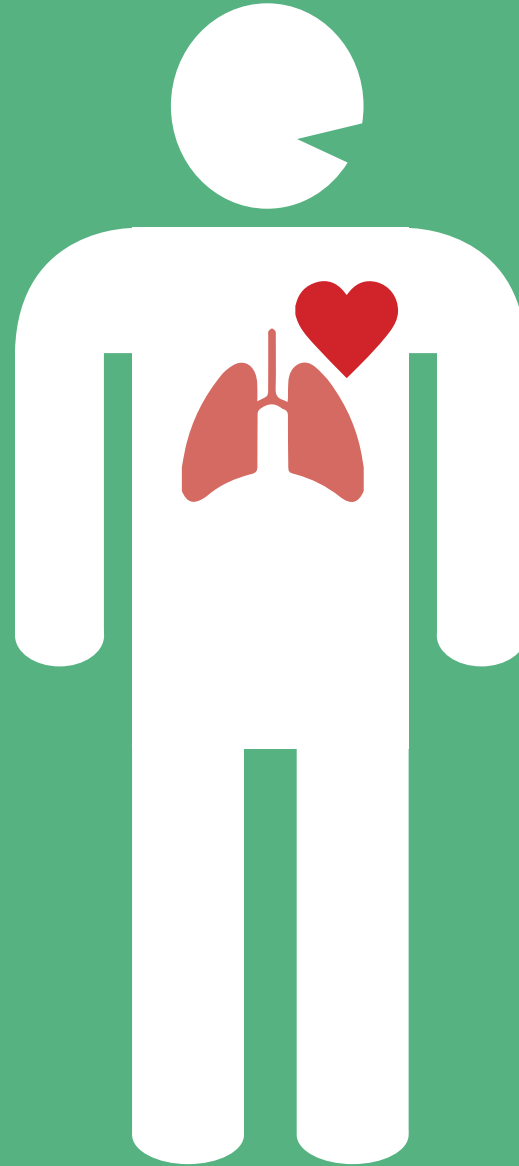
11:00 am



The Ponds

Rossmoor

Stonebridge



Cardiopulmonary Rehabilitation

On Time Transport, Inc.
1-800-858-TIME (8463)

51 Veronica Ave
Somerset, NJ 08873
732-846-7000
www.cminj.com



Cardiac Rehabilitation

In Cardiac Rehab, patients will work closely with Exercise Physiologists and nurses. Exercise is a key component for this program and frequent educational interventions with RN's help to learn new skills and lifestyle modifications to prevent further complications.

At CMI Cardiac Rehab takes place from 8am-12pm on Monday, Wednesday and Friday

Pulmonary Rehabilitation

In Pulmonary Rehab, patients will work closely with an Exercise Physiologist and a Respiratory Therapist to build strength and endurance. Within this program, breathing retraining is a significant part of the treatment to improve functional capacity.

At CMI Pulmonary Rehab takes place from 8am-12pm on Tuesday and Thursday

What is Cardiopulmonary Rehabilitation?

Cardiopulmonary Rehabilitation is a medically supervised program that is important in building endurance and improving the quality of life for patients who have suffered or continue to suffer from severe heart and/or lung issues. The program works by furnishing individualized exercise prescriptions for patients combined with risk factor modification, nutritional counseling, psycho-social interventions and outcomes assessments. There are many people who suffer from both Cardiac and Pulmonary issues and attend the program concurrently - hence, the combined name for Cardiopulmonary Rehabilitation. Patients who are deemed appropriate for a Cardiopulmonary Rehabilitation can be referred by their Cardiologist, Pulmonologist or Primary Care Physician.

Potential symptoms / conditions for Cardiac Rehab :

- Angina
- Coronary Artery Bypass Surgery
- Heart Attack
- Heart Failure
- Heart Transplantation
- Open Heart Surgery (such as Coronary Bypass or Valve Surgery)

Benefits of Cardiac Rehabilitation

For many graduates, the program has been able to help:

- Control and alleviate symptoms
- Increase exercise tolerance
- Decrease anxiety and depression
- Learn more about their disease
- Feel better about themselves

Potential symptoms / conditions for Pulmonary Rehab :

- Moderate to very severe COPD
- Interstitial Lung Disease (ILD)
- Pulmonary Hypertension
- Pre/Post Lung Transplant
- Lung Cancer
- Cystic Fibrosis
- Asthma
- Sarcoidosis

Benefits of Pulmonary Rehabilitation

For many graduates, the program has been able to help:

- Control and alleviate symptoms
- Increase exercise tolerance
- Decrease anxiety and depression commonly associated with pulmonary disease
- Learn more about their disease
- Feel better about themselves