

Brigham and Women's Cardiac Rehabilitation Program

Locations/Contact Information

Brigham and Women's Cardiac Rehabilitation Program is offered at two convenient locations:



Brigham and Women's/Mass General Health Care Center in Foxborough

Route 1 at 20 Patriot Place, next to Gillette Stadium

For further information or to schedule an appointment, call (508) 718-4661 or visit brighamandwomens.org/Foxborough.



Brigham and Women's Faulkner Hospital in Boston

1153 Centre Street Boston (Jamaica Plain)

For further information or to schedule an appointment, call (617) 983-7105 or visit brighamandwomensfaulkner.org/cardiac-rehab.



The Cardiac Rehabilitation Program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), ensuring that this Program meets or exceeds national care standards.



BRIGHAM AND WOMEN'S HOSPITAL

Brigham and Women's Cardiac Rehabilitation Program



A FOUNDING MEMBER OF
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HEALTHCARE



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL



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About Our Program

Brigham and Women's Cardiac Rehabilitation Program is a medical program designed to assist you in making heart healthy lifestyle choices to lower your risk of recurrent heart disease. Under the direction of cardiologists, the staff includes cardiac nurses, physical therapists, exercise physiologists, and registered dietitians.

Our program is developed specifically for patients recovering from:

- Heart attack
- Coronary bypass surgery
- Angioplasty/stent
- Angina
- Valve repair/replacement
- Congestive heart failure
- Heart transplant
- Ventricular assist device implantation

Patients attend sessions once or twice weekly for up to three months. Exercise sessions and education classes are held at a variety of times at Brigham and Women's/Mass General Health Care Center in Foxborough at Patriot Place and Brigham and Women's Faulkner Hospital in Jamaica Plain.

Program Components

We provide a safe, supervised exercise program to help you:

- Get back to regular exercise with confidence
- Become more physically active
- Meet your individual needs for daily activity

An individualized nutrition plan helps you:

- Prepare healthy foods and maintain a heart-healthy diet
- Maintain a healthy weight
- Improve cholesterol
- Manage diabetes

Our comprehensive stress management program provides:

- Relaxation techniques to help change physical and emotional responses to stress
- Behavioral strategies to enhance your ability to cope with stressful situations

Program Goals

- Reduce cardiac symptoms
- Reduce blood pressure
- Lower cholesterol
- Achieve a healthy weight
- Smoking cessation
- Stress management
- Regular exercise
- Improve social support

Insurance

Most health insurance providers will cover all or part of the cost of cardiac rehabilitation. Patients are encouraged to contact their insurance provider to verify eligibility and acquire prior authorization if necessary.



This is what our patients are saying

"I became stronger and more confident and I was able to return to normal activity and exercise after a serious medical condition"
– Andrew B.

"The improvements I made during cardiac rehab were significant from start to finish and I can't quite believe where I am now."
– Mary F.

