



Cardiopulmonary Rehab

Location Details

www.RRH.org/map Bldg. B - Main Hospital

Main Tower, 1081 N. China Lake Blvd. Ridgecrest, CA 93555

(760) 499 3772



Complete Your Heart's Recovery to regain your health and strength.

➔ Cardiac Rehab & Cardiac Phase III

Combining exercise, education, and counseling to help heart patients recover, aiming to improve health and prevent future issues. This program is beneficial for those who have experienced:

- Chest pain
- Heart attack
- Coronary disease with chest pain
- Coronary disease post heart surgery
- Undergone open heart surgery
- Had stents placed
- Congestive heart failure
- Heart valve replacement

Cardiac Phase III promotes the maintenance of cardiovascular health focusing on heart-healthy education.

Pulmonary Rehab Program

Our Pulmonary Rehab program includes monitored one-hour exercises on Mondays, Wednesdays, and Thursdays.

Pulmonary Rehabilitation may benefit people who have COPD (Chronic Obstructive Pulmonary Disease), pulmonary fibrosis, cystic fibrosis, or those undergoing lung surgery, before and after.

Pulmonary Rehabilitation is a broad program that helps improve the well-being of people who have chronic (ongoing) breathing problems. Individual care plans are developed in conjunction with the ordering physician to meet each person's specific needs. The program can improve your ability to function and your quality of life. Even if you have advanced lung disease, you can still benefit from Pulmonary Rehabilitation.

Rehabilitation is an essential step towards recovery.

**Book a Consultation
(760) 499 3772**