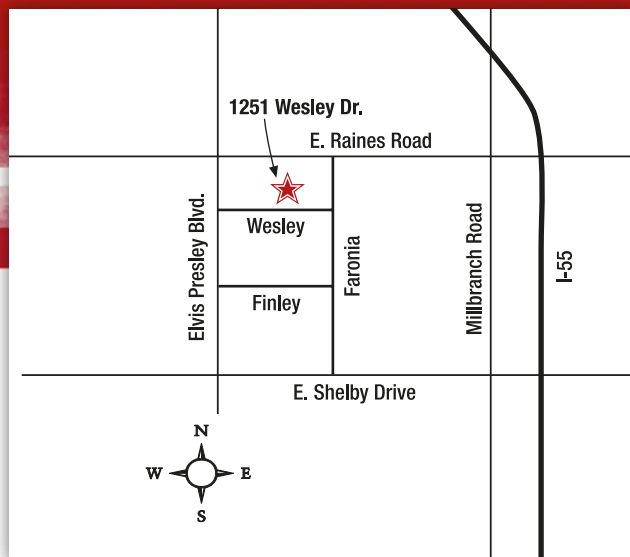


## CONVENIENTLY LOCATED

Methodist South's Rehabilitation Services Department is located in the Medical Office Complex building directly across from Methodist South Hospital.

To schedule an appointment, or if you have any questions, call us at 901.516.3726.

## Outpatient Cardiopulmonary Therapy



**Methodist**  
Healthcare

**South Hospital**

Rehabilitation Services Department

1251 Wesley Drive, Suite 141

Memphis, TN 38116

901.516.3726 • Fax: 901.516.3055

[www.methodisthealth.org/southrehab](http://www.methodisthealth.org/southrehab)

Be treated well.



**Methodist**  
Healthcare

**South Hospital**

## WHAT IS CARDIOPULMONARY THERAPY?

Methodist South's cardiopulmonary therapy program is a combination of cardiac (heart) therapy and pulmonary (lung) therapy. It's for patients who are recovering from heart or lung surgery or have cardiopulmonary conditions. People with these conditions often have physical weakness, balance problems, and difficulty walking stairs, completing household tasks or grocery shopping. Cardiopulmonary therapy helps you overcome these problems through special exercises and by teaching you how to make lifestyle changes.

Our experienced medical staff includes licensed Physical and Occupational Therapists and assistants who will help and guide you. These are some of the things you will do:

- Begin an individualized treatment plan with our state-of-the-art equipment
- Physical exercises that are safe and start slowly to help you become stronger
- Slowly work your way up to physical exercises that let you work longer and harder
- Progressive strengthening exercises and activities
- Have your heart rate, blood pressure and heart rhythm monitored
- Learn relaxation skills to help manage and reduce your stress
- Get help creating a healthy eating plan
- Get help with quitting smoking, if needed



During all of these, you will be monitored by a member of our cardiopulmonary therapy team who will ensure your progress and report to your physician whenever needed. It is our goal to help you understand your condition and improve your health.

## WHO SHOULD HAVE CARDIOPULMONARY THERAPY?

Ask your doctor if you may be a candidate for cardiac therapy if you have/had:

- Heart attack (Myocardial Infarction)
- Chest pain or discomfort that usually happens with stress or activity (Stable Angina)
- Heart valve disease, repair or replacement
- Stent (PTCA)
- Coronary Artery Bypass
- Chronic disease of the heart muscle (Cardiomyopathy)
- Heart Failure (CHF)
- Heart Transplant
- Pacemaker/ICD

Ask your doctor if you may be a candidate for pulmonary therapy if you have/had:

- Chronic Obstructive Pulmonary Disease (COPD)
- Emphysema
- Asthma
- Restrictive Lung Disease
- Neuromuscular Pulmonary Disease
- Other Forms of Lung Disease

## WHY SHOULD I CHOOSE CARDIOPULMONARY THERAPY?

Cardiopulmonary therapy can help improve symptoms and is proven to reduce your chances of having another cardiac event or even death. It can help you recover more quickly and stay healthy and out of the hospital.

**It's a great place to start your recovery and get back to doing the things you love!**