Clinch Valley Medical Center’s Cardiopulmonary Rehabilitation Center is located in the back parking lot area of the hospital. Parking is available in front of the rehab center with signs indicating where you may park.

For more information call (276) 596-6168.

How do I get started?

If you don’t already have a referral from your physician, talk to him or her about cardiopulmonary rehabilitation and how it might help you.

At your first visit, we will design a program to meet your specific needs. Exercise sessions are scheduled on Mondays, Wednesdays and Fridays and various education sessions are scheduled throughout your program. Every effort will be made to schedule your sessions at a time most convenient for you. Qualified staff supervise each session by monitoring your pulse, blood pressure and cardiac rhythm as indicated. Each session is limited in size to provide you with the attention and support you need.
Cardiopulmonary Rehabilitation

Cardiopulmonary rehabilitation (rehab) is a service provided by Clinch Valley Medical Center for individuals with heart disease. Our team of professionals will help you recover faster and return to a healthier lifestyle. Our program will help you:

• Become physically stronger
• Reduce your risks of heart disease
• Cope with feelings of fear or apprehension
• Learn to recognize and deal with stress
• Understand the medications you take
• Exercise for life

We will provide you with the information and support to successfully learn a lifestyle that your heart needs to become healthier and to stay healthy. Coronary disease risk factors you can modify include:

• Smoking
• High blood pressure
• High cholesterol/lipids
• Stress
• Sedentary lifestyle
• Weight
• Diabetes

Who should be in cardiopulmonary rehab?
Cardiopulmonary rehabilitation is an important part of your treatment plan if you have had:

• Heart attack (within the last 12 months)
• Coronary artery bypass surgery
• Balloon (Angioplasty) stent insertion
• Chronic CHF with ejection fraction ≤ 35%
• Cardiac valve replacement
• Angina

Cardiopulmonary rehabilitation is also ideal for pulmonary or lung patients* who have a diagnosis of:

• COPD or chronic lung disease
• Emphysema
• Chronic bronchitis
• Chronic obstructive asthma
• Fibrosis
• Black lung (coal workers pneumoconiosis)

*All lung patients must have a recent blood gas and pulmonary function test performed before beginning the program.

Who provides cardiopulmonary rehab?

• Nurses specially trained in cardiac/pulmonary care
• Physical therapists
• Registered dietitians
• Respiratory therapists
• Cardiologists
• And most importantly, you!

Why should I be in cardiopulmonary rehab?

Your life is important! You and your family need care and support as you learn to live with heart disease. This is a big step towards a longer and healthier life.

You will experience the benefits of:

• Reduced risk for future health problems
• Renewed self-confidence
• Feeling and looking great
• Less fear and worrying by you and your family

How much does it cost?

We offer a very competitively priced program within this region. Cardiopulmonary rehab services are covered by most insurance plans and by Medicare. We will assist you in understanding the benefits of your insurance or Medicare plan.