

Eligibility

You may be eligible to participate in cardiac or pulmonary rehabilitation if you have one of the following conditions:

Cardiac Rehabilitation

- Myocardial infarction (heart attack)
- Acute coronary syndrome
- Coronary artery bypass graft surgery
- Heart valve repair or replacement
- Stable angina pectoris
- Percutaneous coronary intervention (angioplasty or stenting)
- Congestive heart failure (and those with ventricular assist devices)
- Heart transplant

Pulmonary Rehabilitation

- Chronic obstructive pulmonary disease (COPD)
- Emphysema
- Asthma
- Chronic bronchitis
- Pulmonary fibrosis/interstitial lung disease
- Cystic fibrosis
- Lung surgery
- Lung transplant

Medical Insurance Reimbursement

Payment for cardiac and pulmonary rehabilitation services depends on your individual medical insurance policy. If your policy does not pay for the services, you may participate through self-pay. Call (205) 975-5400 for more details.

Directions to UAB Cardio-Pulmonary Rehabilitation Services

Cardio-Pulmonary Rehabilitation Services is located in room R480 of Spain Rehabilitation Center (SRC), 1717 6th Avenue South.

You will receive a map and directions when your appointment is scheduled.

Parking

Parking is available in the lot in front of Spain Rehabilitation Center. Enter the parking lot from 6th Avenue South. Parking with validation is free during your rehab session (approximately two hours of parking time). Valet parking is available at no additional charge. Parking with validation is also available in Women and Infants Center (WIC), 4th Avenue Parking Deck, and The Kirklín Clinic of UAB Hospital.

Need Help Getting to Your Appointment?



UAB Medicine Wayfinder is a free app for smartphones and tablets that makes finding and reaching locations in and around the UAB Medicine campus much easier. It provides step-by-step directions with functionality similar to Google Maps, along with travel and parking planning features, directories of clinics and providers, and many other features. Download it from your app store today!

**FOR MORE INFORMATION
CALL 800-UAB-8816.**

uabmedicine.org/cardiopulmonaryrehab
205.975.5400

CARDIO-PULMONARY REHABILITATION SERVICES



UAB Cardiovascular Institute

UAB MEDICINE
The University of Alabama at Birmingham



Our cardiac and pulmonary rehabilitation programs are nationally certified through the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

By participating in the program, you will have access to:

Exercise

- Individualized exercise regimen based on your individual needs, medical condition, and physical ability.
- Supervised exercise sessions with a group of other participants who have similar conditions.
- Information on continuing to exercise safely at home on your own after you complete the program.

Education

- Learn what you can do to live healthier and reduce your risk factors.
- Learn to recognize the signs and symptoms that need medical attention.
- Understand more about the medications you have been prescribed.
- Develop a personal plan that promotes independence and healthier living.

Encouragement

- Have health professionals available to listen to your concerns and answer your questions.
- Include your family or friends in the group education sessions so they may learn about your health condition.
- Gain opportunities to share concerns and receive support from other patients and families who may be experiencing similar health conditions.



About Cardio-Pulmonary Rehabilitation

UAB Medicine's Department of Cardio-Pulmonary Rehabilitation provides outpatient services to patients managing heart and lung diseases. Patient services include supervised exercise sessions, development of an individualized treatment plan, group and individualized education, and encouragement in meeting the challenges of their condition.

A physician referral is required. Services are physician-directed and provided by a team of health professionals including registered nurses, exercise physiologists, dietitians, pharmacists, psychologists, health educators, and respiratory therapists.

As part of our commitment to telemedicine, the UAB Department of Cardio-Pulmonary Rehabilitation offers qualifying patients the ability to remotely participate in cardiopulmonary rehab exercise using their smartphone or tablet. During these sessions, a departmental staff member oversees the exercises and monitors the patients' vital signs and other important health indicators.

Your Benefits

Based on scientific studies, participation in cardiopulmonary rehabilitation programs may produce any of the following benefits:

Cardiac Rehabilitation

- Improvement in exercise tolerance
- Improvement in symptoms
- Improvement in blood lipid levels
- Reduction in cigarette smoking
- Improvement in mental well-being and reduced stress
- Decreased risk of heart attack
- Longer lifespan

Pulmonary Rehabilitation

- Improvement in exercise tolerance
- Improvement in symptoms
- Improvement in health-related quality of life
- Reduction in number of hospitalizations and number of days hospitalized
- Longer lifespan