

Unlock the Benefits of Cardiac Rehab

Staying Consistent Is Key

Welcome to our Cardiac Rehab Program! After your heart-related diagnosis or procedure, one of the best things you can do is enroll and regularly attend a Cardiac Rehab Program. Research shows growing benefits with each session you attend. Our goal is to see you complete at least 12, though if you complete 36 sessions, it can:

- Lessen your risk of heart attacks by 31% for 4 years.
- Lessen your risk of death by 47% for 4 years.



Our Rehab Staff has screened your insurance. Please talk to staff about any insurance questions.

Please ask us if you need financial counseling and help.

Contact our Financial Counseling office at:

865-305-9016

BOCustomerService@utmck.edu



HEART LUNG VASCULAR INSTITUTE



The University of Tennessee Medical Center's Cardiac Rehab program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).



We want to help you achieve the most out of your time in the program. Please keep in mind the tips below.

- Attend without long breaks. This helps your body to adjust to an exercise program. It also allows you time to ask questions and learn more.
- Start soon and attend regularly. This will give you the most benefits, based on research.



Helpful Rehab Tips:

- For exercise, wear secure footwear and comfortable clothing.
- Make sure to bring any emergency medicines (Nitroglycerin) if prescribed by your doctor.
- If you have diabetes, always bring your glucose meter and a snack. Check your glucose before exercise. Blood Glucose less than 100 or greater than 300 may be unsafe.

Please call us if you will not be able to attend your class!

You will lose your spot if you miss 3 visits without giving us notice.

UT Medical Center Knoxville Cardiac Rehab

Phone: 865-305-6920

Fax: 865-305-6844

Free Patient Parking in Garage 4. Please see staff for parking passes.

During the program, we will use the Rating of Perceived Exertion Scale (RPE) to guide your intensity. A copy of this scale is included below.

Rating of Perceived Exertion

Borg RPE Scale®

6		How you feel when relaxed, lying in a bed or sitting in a chair. Little or no effort.
7	Extremely Light	
8		
9		
10		
11	Fairly Light	
12		Target Range. How you should feel with exercise or activity.
13	Somewhat Hard	
14		
15	Hard	
16		
17	Very Hard	How you felt with the hardest work you have ever done. Don't work this hard!
18		
19	Extremely Hard	
20	Maximum Exertion	