

CARDIAC REHABILITATION

FOR A HEALTHY HEART AND HEART-HEALTHY LIVING



AN UNPARALLELED
PERSONALIZED CARE
TEAM APPROACH TO
HELP PATIENTS ACHIEVE
REHABILITATION GOALS

The best clinical teams and technology for improving heart function and for teaching you how to keep your heart strong.

Thrive is at the forefront of medical innovation to help patients recover sooner. We combine personal care teams, customized patient care plans, leading edge technology, and welcoming hospitality to make Thrive the better, smarter choice for patients facing cardiac challenges.

- **CONGESTIVE HEART FAILURE (CHF)**
- **LEFT VENTRICULAR ASSIST DEVICE (LVAD) PLACEMENT**
- **CORONARY ARTERY BYPASS GRAFT (CABG)**
- **VALVE REPLACEMENT**
- **PACEMAKER PLACEMENT**
- **MYOCARDIAL INFARCTION**
- **ARRHYTHMIA**
- **ANGINA**
- **LIFE VEST**
- **HOLTER MONITOR MANAGEMENT**

YOUR PERSONAL CARE TEAM

Professionals with specialized clinical skills who work closely together to develop and implement your individualized care plan:

- Registered Nurse (RN)
- Internal Medicine Physician & Nurse Practitioner
- Cardiac Nurse Practitioner (NP)
- In-house Physical, Occupational and Speech Therapists
- Respiratory Therapist
- Psychologist
- Registered Dietitian (RD)
- Social Worker (SW)/ Discharge Planner



THE GOALS OF OUR CARDIAC REHABILITATION PROGRAM

- Decrease any unnecessary hospitalizations
- Increase ability to participate in activities and personal care
- Increase functional ability
- Increase patient's and support system's understanding of their particular cardiac disease with the goal of increasing compliance with the treatment plan
- Provide education on medication management
- Overall wellness and building better habits

STATE OF THE ART TECHNOLOGY AND IN-HOUSE TESTING TO REDUCE HOSPITAL VISITS

As a patient, you can have your echocardiograms and EKG tests done right here at Thrive. So no extra, tiring trips to the hospital for you and your family. We also have these two leading edge technologies to support your recovery:

OmniFlow™ – the remarkable breathing therapy biofeedback system that provides interactive breathing exercises using visual feedback in a virtual experience. Research shows patients perform more exercises when motivated by positive visual feedback, and therefore make quicker healing progress. OmniFlow™ enables patients to improve respiratory capacity and endurance for daily life activities as well as decrease dependence on supplemental oxygen.

LiteGait® – the most advanced technology for gait therapy offers a versatile, flexible environment to ensure total safety while encouraging development of complete independence of movement. In less time, patients are able to safely engage in daily life activities.



LiteGait®

CARDIAC

REHABILITATION PROGRAM

OUR INTERDISCIPLINARY TEAM OF EXPERTS COLLABORATING ON YOUR CARE

IN-HOUSE PHYSICAL/OCCUPATIONAL AND SPEECH THERAPY

- Energy conservation techniques
- 6-minute walk test on admission and throughout stay to show progress
- Joint mobility, balance, and endurance
- Cardiac precautions
- Home exercise program

RESPIRATORY THERAPY

- Oxygenation management
- Breathing technique education
- Oxygen weaning

CARDIAC NURSE PRACTITIONER

- Review current treatment plan
- Make recommendations for next level of care
- Disease management education
- Medication education
- Manage exacerbations
- Immunization education

NURSING

- Disease management education
- Medication administration and teaching
- Weight management
- Cardiac surgery management

PSYCHOLOGIST

- Anxiety management
- Stress management
- Depression management

REGISTERED DIETITIAN

- Cardiac diet education
- Meal management

SOCIAL SERVICES/DISCHARGE PLANNER

- Arrange durable medical equipment (DME)
- Arrange home health
- Coordinate in-home support services



thrive ▶

PERSONALIZED MEDICAL REHABILITATION

Thrive of Fox Valley
4020 E. New York Street
Aurora, IL 60504
331-301-5590

Thrive of Lisle
2850 Ogden Avenue
Lisle, IL 60532
331-249-6200

Thrive of Lake County
850 US Highway 45
Mundelein, IL 60060
847-377-7200

ThriveAhead.com