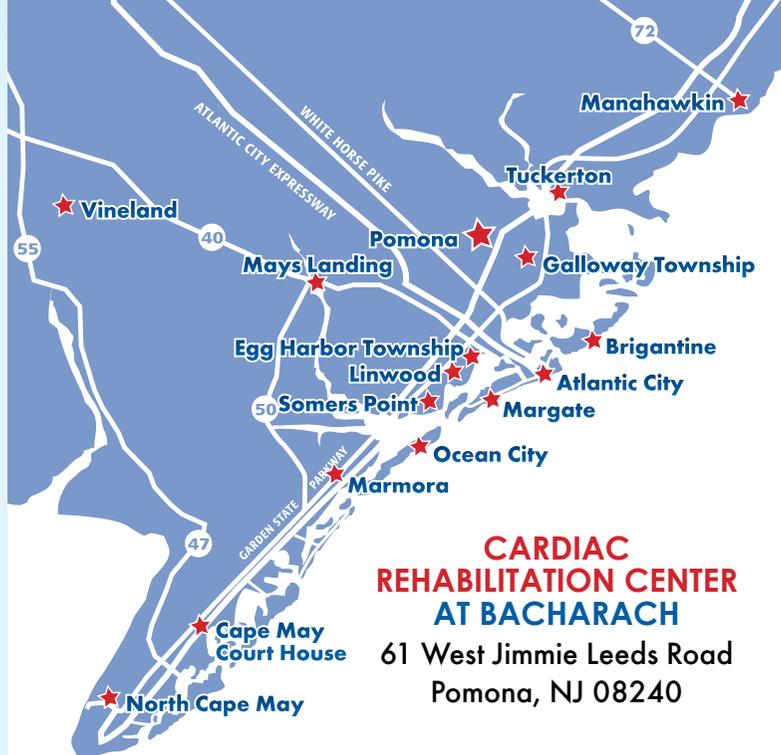


Cardiac rehab is a specialized form of rehabilitation designed to strengthen the heart and lungs – especially after heart attack or cardiac surgery.



CARDIAC REHABILITATION CENTER AT BACHARACH
 61 West Jimmie Leeds Road
 Pomona, NJ 08240

DIRECTIONS

From the south: Take Garden State Parkway to exit 41. At the end of the exit ramp turn left onto Jimmie Leeds Road. Turn right at the second traffic light into a shared access road for Bacharach and AtlantiCare Regional Medical Center. Bear right at the fork and follow signs for Visitor Parking.

From the north: Take Garden State Parkway to exit 41. At the end of the exit ramp turn right onto Jimmie Leads Road. Turn right at the first traffic light into a shared access road for Bacharach and AtlantiCare Regional Medical Center. Bear right at the fork and follow signs for Visitor Parking.

Bacharach
 INSTITUTE FOR REHABILITATION

bacharach.org • (609) 652-7000

Bacharach Institute for Rehabilitation complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Bacharach does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-609-748-2081.

请注意：如果您讲中文，您可以免费获得语言协助服务。请致电 1-609-748-2081。

CARDIAC REHABILITATION

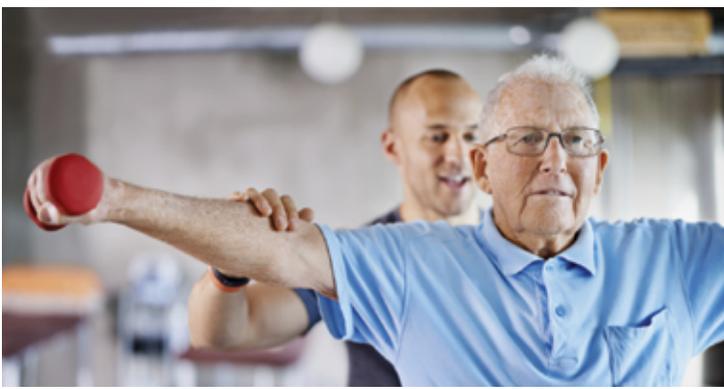
Bacharach
 INSTITUTE FOR REHABILITATION



THE RUTH NEWMAN SHAPIRO
CARDIAC REHAB CENTER

COMPREHENSIVE CARE.
 WITH HEART.

bacharach.org • (609) 652-7000



Bacharach is the only facility in the region equipped with Enhanced External Counterpulsation (EECP®), a revolutionary non-surgical cardiac treatment system.

The center is equipped with treadmills, stationary bicycles and other exercise equipment. The Cardiac Rehab Center is staffed by therapists and physiologists specially trained to oversee a physician-supervised exercise program.

CARDIAC REHAB IS PRESCRIBED FOR PATIENTS RECOVERING FROM:

- Heart attack
- Heart failure
- Open heart bypass or valve surgery
- Stable angina
- Peripheral vascular disease
- Cardiopulmonary conditions
- Angioplasty/stent
- Heart transplant

Following a doctor's prescription, the Bacharach therapists design a custom-tailored program of monitored therapy. Many cardiac rehab patients experience dramatic improvements in endurance, strength and overall quality of life. There are three phases to the rehabilitation.

PHASE I

The first rehab phase starts when the patient is still in the hospital recovering from a cardiac episode or surgery.

PHASE II

The next phase of cardiac rehab is a supervised program of monitored exercise to strengthen the heart, lungs and overall condition, after you have been released from the hospital. The typical course of treatment during this phase is three hours per week for 12 weeks. It includes:

- Monitored exercises using treadmills, bicycles, rowing, arm ergometers, Nu-step and weights
- Continuous monitoring of vital signs: telemetry monitoring, blood pressure and pulse oximetry
- Extensive education regarding risk factors, behavior and nutrition
- Ongoing progress notes provided to the referring physician

Phase II cardiac rehab is Medicare-reimbursed for appropriate diagnoses, with co-pay required.

PHASE III

This final rehab phase is a continuation exercise program for carryover at home. We'll monitor your blood pressure (at rest and when exercising) and redesign an exercise prescription if necessary. Plus, you'll meet with clinical-level exercise physiologists, exercise specialists and cardiopulmonary technicians.

Phase III is the affordable self-pay maintenance program for graduates of Phase II.

A NON-SURGICAL OPTION FOR ANGINA – EECP

Enhanced External Counterpulsation, or EECP, is a revolutionary non-surgical treatment option for angina.

Coronary artery bypass surgery and balloon angioplasty have become miracle treatments for coronary artery disease. But not everyone is a candidate for these “invasive” procedures. EECP can help angina patients for whom surgery is not an option.

EECP is completely non-invasive. It's a computer-controlled machine that works without needles or catheters of any kind. Special cuffs are wrapped around the lower extremities and inflated in a carefully orchestrated sequence, manipulating the blood pressure and improving blood flow to relieve angina without surgery.

EECP offers hope for angina patients for whom bypass surgery or balloon angioplasty is not an option, due to underlying disease or other physical limitations.

EECP is safe, comfortable and FDA-approved. For more information about cardiac rehab and EECP at Bacharach, call (609) 748-2091.

EECP is a registered trademark of Vasomedical, Inc.

