

Cardiac Rehabilitation

Programs in the Community

What is cardiac rehabilitation?

Cardiac rehabilitation (rehab) is a program for patients who are getting better from heart problems. Rehab will help with your recovery and reduce your chances for future heart problems. The program will provide you with a custom exercise program and give you the information you need to get healthy and stay healthy.

What happens in a cardiac rehab program?

Cardiac rehab programs include a custom exercise program and class-based education sessions.

The **exercise program** consists of:

- A medical evaluation to understand your needs and limitations. This information helps to create a program just for you.
- Exercising, using a treadmill, bike or walking/jogging track.
- A healthcare team that will watch you for any changes in your symptoms.

In every exercise program, you will start slow, at your level, and gradually move into a more intensive program.

The **class-based education sessions** provide you with:

- Healthy eating information
- Stress management techniques
- Information about medicines
- Help to quit smoking.

Classes are held once a week and each class is about 90 minutes long. Cardiac rehab programs can run between 3 to 6 months.



Some cardiac rehab programs offer a home-based option. This program will work with you to develop a routine that you will be able to do at home. An exercise specialist will contact you weekly to find out how you are doing.

Where can I find a cardiac rehab program?

The next page lists Cardiac Rehab Programs in the area. Please speak with your cardiologist (heart specialist), nurse, or family doctor if you are interested in joining any of these programs. You will need a referral from your cardiologist or family doctor to receive these services.



Program Name and Location	Program Details	Costs	Contact
UHN Toronto Rehab Institute (Rumsey Centre) Cardiovascular Prevention and Rehabilitation Program 347 Rumsey Rd., Toronto ON M4G 1R7 https://www.uhn.ca/TorontoRehab/Cardiovascular-Rehab	<ul style="list-style-type: none"> • One 90-minute session per week, for 4 months • Day and evening classes 	Program: Covered by OHIP Education materials: \$45/package Parking: \$10/visit	Tel: (416) 597-3422, ext. 5200 Fax: (416) 425-0301
William Osler Health Centre Cardiac Rehabilitation 101 Humber College Blvd., Etobicoke ON M9V 1R8 https://www.williamoslerhs.ca/en/areas-of-care/cardiac-rehabilitation.aspx	<ul style="list-style-type: none"> • One 90-minute session per week, for 3 months • Virtual educational classes 	Program: Covered by OHIP Parking: \$7.50/visit	Tel: (416) 494-2120 ext. 37021 Fax: (416) 747-3565
UHN Toronto Western Hospital Cardiovascular Prevention and Rehabilitation Program 399 Bathurst St., 7 Fell rm. 108, Toronto ON M5T 2S8 https://www.uhn.ca/TorontoRehab/Clinics/CRSP_Program	<ul style="list-style-type: none"> • One 90-minute session per week, for 4 months • Day and evening classes 	Program: Covered by OHIP Parking: \$15/visit	Tel: (416) 603-5200 Fax: (416) 603-5373
Mackenzie Health Cardiovascular Rehabilitation and Pulmonary Program Upper Thornhill Centre, 3rd flr., Ste. 340, 955 Major Mackenzie Dr. W., Vaughan ON L6A 4P9 https://www.mackenziehealth.ca/programs-services/cardiovascular-rehabilitation	<ul style="list-style-type: none"> • Two 90-minute sessions per week, for up to 6 months • Day and evening classes, Monday to Friday 	Program: Initial Assessment: \$25 Sessions: \$7.50/class Parking: Free	Tel: (905) 883-2111 Fax: (905) 832-0720
Southlake Regional Health Centre Cardiovascular Prevention and Rehabilitation Program Magna Centre, 800 Mulock Dr., Newmarket ON L3Y 9C1 https://southlake.ca/patient-care-program/cardiac/	<ul style="list-style-type: none"> • One 90-minute session per week, for 4 months • Day and evening classes • Home-based classes 	Program: Covered by OHIP Education materials: \$145 Parking: Free	Tel: (905) 895-4521, ext. 2806/ ext. 6411 Fax: (905) 235-0685
Trillium Health Partners Cardiovascular Wellness and Rehabilitation Centre University of Toronto (Mississauga), Recreation, Athletics, and Wellness Centre 1825 Outer Circle, Mississauga ON L5L 1C6 https://www.thp.ca/patientservices/cardiacservices/Pages/Cardiovascular-Prevention-and-Rehabilitation-Program.aspx	<ul style="list-style-type: none"> • One 90-minute session per week, for 3 months • Day and evening classes, Monday to Thursday 	Program: Covered by OHIP Registration (includes education materials): \$60 Parking: \$7.50/visit	Tel: (416) 259-7580, ext. 5998 Fax: (416) 521-4073

For other cardiac rehabilitation programs in Ontario, please refer to the Cardiac Rehabilitation Network of Ontario's online Directory: <http://www.crno.ca/directory>