

Cardiac and Pulmonary Rehabilitation at Catholic Health



Cardiac Rehab

Cardiac Rehab Services assist in managing acute and chronic cardiac conditions:

- Phase 2 Cardiac Rehab programs
- Ongoing supervised exercise programs following Phase 2 and for chronic cardiac conditions such as Congestive Heart Failure
- Diet and Nutrition counseling
- Patient Education on managing cardiac conditions

Pulmonary Rehab

Pulmonary Rehab Services focus on improving breathing:

- Graded exercise and activities
- Education on breathing techniques and energy conservation
- Stress Management
- Medication Education

Your Care Team

Catholic Health's Cardiac and Pulmonary Rehabilitation programs include a multi-disciplinary approach to help improve your ability to participate in your daily routine and activities. Team members include:

- Physician
- Nurse Practitioner
- Physical Therapist
- Registered Nurse
- Exercise Physiologist
- Dietician/Nutritionist

Cardiac Rehab Locations:

AthletiCare @ Mercy Ambulatory Care Center
3669 Southwestern Boulevard
Orchard Park, NY 14127
(716) 828-2455

Mount St. Mary's Hospital
5300 Military Road
Lewiston, NY 14092
(716) 298-3030

Sisters Metabolic Center for Wellness
Sisters Hospital, St. Joseph Campus
2605 Harlem Road
Cheektowaga, NY 14225
(716) 891-2703

Pulmonary Rehab Locations:

AthletiCare @ Mercy Ambulatory Care Center
3669 Southwestern Boulevard
Orchard Park, NY 14127
(716) 891-2703

Mount St. Mary's Hospital
5300 Military Road
Lewiston, NY 14092
(716) 298-3030

Sheridan Health Care Center
300 Two Mile Creek Road
Tonawanda, NY 14210
(716) 447-6482