

Cardiac Reconditioning

We offer specialised Cardiac Reconditioning programs for those who have completed a Cardiac Rehabilitation program following heart surgery or heart attack or who suffer with Chronic Heart Failure. We offer individualised programs to improve cardiovascular fitness, increase endurance and improve general muscle strength and flexibility.



What is the program?

After a consultation with our Rehabilitation Specialist, an individualised program including strength and cardiovascular training will be made to help you regain independence and resume daily activities.

- 2 - 3 sessions per week
- 1.5 - 3 hours per session (depending on health fund)
- Refreshments provided
- Individual assessment and goal setting

You may have access to:

- Physiotherapy
- Occupational Therapy
- Exercise Physiology
- Social Work
- Dietetics
- Hydrotherapy

How do you access the program?

- Referral from your GP or specialist

Costs?

- Most costs are covered by your Private Health Hospital Cover as Day Rehabilitation (please contact us for more information as funds vary)
- Most costs covered with, DVA Gold Card, Work Cover or Third Party Insurance



Get Well, Move Well, Enjoy Life!

A stylized map of Sydney, Australia, with a red background. Red dots indicate the locations of various hospitals, each labeled with its name: Minchinbury, Holroyd, Ashfield, Kirrawee, Longueville, Randwick, Manly, and Dee Why. The map shows the coastline and major roads.

Minchinbury

Holroyd

Longueville

Ashfield

Randwick

Kirrawee

Dee Why

Manly



Inner West

The Sydney Private Hospital

9716 3700 | SydneyPrivate@macrehab.com.au

South

President Private Hospital

9542 2929 | PresidentPrivate@macrehab.com.au

Northern Beaches

Manly Waters Private Hospital

9977 9977 | ManlyWaters@macrehab.com.au

Delmar Private Hospital

8978 5287 | Delmar@macrehab.com.au

Upper and Lower North Shore

Longueville Private Hospital

9427 0844 | Longueville@macrehab.com.au

East

Eastern Suburbs Private Hospital

8383 7400 | EasternSuburbs@macrehab.com.au

West

Holroyd Private

9721 6800 | Holroyd@macrehab.com.au

Minchinbury Community Hospital

9625 2222 | Minchinbury@macrehab.com.au