

REHABILITATION SERVICES
OUTPATIENT CLINIC LOCATIONS

POMONA VALLEY HOSPITAL MEDICAL CENTER

Robert & Beverly Lewis Outpatient Pavilion
1798 B N. Garey Avenue Phone: 909.865.9810
Pomona, CA 91767

CHINO HILLS OUTPATIENT CLINIC & AQUATIC POOL

Pomona Valley Health Center Phone: 909.630.7878
2140 Grand Ave., Suite 100
Chino Hills, CA 91709

CLAREMONT OUTPATIENT CLINIC

Pomona Valley Health Center Phone: 909.865.9104
1601 Monte Vista Ave, Suite 220
Claremont, CA 91711

LA VERNE OUTPATIENT CLINIC & AQUATIC POOL

Pomona Valley Health Center Phone: 909.392.6531
2333 Foothill Blvd, Suite A
La Verne, CA 91750

MILESTONES CENTER FOR CHILD DEVELOPMENT—CHINO HILLS

Pomona Valley Health Center Phone: 909.630.7877
2140 Grand Ave., Suite 135
Chino Hills, CA 91709

MILESTONES CENTER FOR CHILD DEVELOPMENT—CLAREMONT

Pomona Valley Health Center Phone: 909.630.7166
1601 Monte Vista Ave, Suite 230
Claremont, CA 91711

Leading the Way in Rehabilitative Healthcare

pvhmc.org/rehabilitation



8-22-24



Nationally recognized, Pomona Valley Hospital Medical Center is the area's leading provider of comprehensive healthcare with centers of excellence in cancer, heart and vascular, trauma and women's and children's services. We also have an award-winning emergency department and neighborhood health centers for quality care close to home. Through our expert physicians and advanced technology, we offer the perfect blend of state-of-the-art medical treatment and personalized care.



CARDIOVASCULAR & PULMONARY
REHABILITATION

EXERCISE FOR LIFE — QUALITY OF LIFE

It's easy to see why there's a nationwide initiative to improve prevention of cardiovascular disease. Heart attacks and strokes cause one in three deaths and result in over \$300 billion of healthcare costs each year. A heart attack is never a good thing, but regular exercise could prevent a second occurrence—and that could be a lifesaver.

It turns out, exercise also has a distinctive role in the patient who breathes poorly due to a chronic pulmonary condition such as chronic obstructive pulmonary disease (COPD).

While almost everyone can safely engage in exercise, deciding what's "safe" needs to be individualized. This is where our cardiovascular and pulmonary rehabilitation specialists can help. We monitor and adjust the level of exercise to fit the needs of each patient. The final result—an improved quality of life.

Upon discharge from the Hospital following a cardiac event or pulmonary episode, the American Heart Association and the American Lung Association recommend patients begin a comprehensive outpatient rehabilitation program. Prescribed by their physician and provided in a safe environment, the goal is to improve quality of life by way of exercise, medication management, risk reduction and training to self-manage daily living consistent with the disease process.

At PVHMC, our team of cardiovascular rehabilitation experts is committed to improving quality of life by enhancing standards of care.



TEAM OF EXPERTS

For those with coronary or pulmonary disease, prescribing a lifestyle change that involves regular exercise can be a vital part of treatment. Our Advanced Cardiac Life Support (ACLS) certified staff of clinical exercise physiologists, respiratory therapists and physical therapists provide an initial evaluation and work with the physician to design an individually tailored exercise plan that promotes increased cardiovascular fitness or pulmonary efficiency according to American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) guidelines.

NITANTH VANGALA, MD
Cardiovascular Rehabilitation Medical Director

GURBINDER SADANA, MD
Pulmonary Rehabilitation Medical Director

SUPERVISED PROGRAMS

After a medical evaluation to determine needs and limitations, our team will tailor a customized exercise plan. Constantly monitored for a change in symptoms, patients start with a safe exercise program and slowly move into a more intensive regimen that allows longer and harder workouts.

Exercise sessions are provided in our medically supervised cardiovascular gym equipped with state-of-the-art exercise equipment including treadmills, exercise bikes, weight machines and resistance machines.

CARDIOVASCULAR REHABILITATION PROGRAM

Benefits:

- Improves physical functioning and strength
- Reduces the risk of additional coronary problems
- Lowers healthcare costs by reducing the frequency and the number of days of hospitalization

For those who have experienced:

- Acute myocardial infarction (MI)
- Coronary bypass surgery
- Coronary stenting
- Heart failure
- Heart transplant
- Heart valve repair or replacement
- Percutaneous transluminal coronary angioplasty (PTCA)
- Post-COVID-19 heart conditions
- Stable angina pectoris

Program includes:

- 12-lead electrocardiogram (ECG)
- Continuous ECG monitoring
- Resting oxygen saturation
- Blood pressure checks
- Fasting lipid panel, blood glucose and hemoglobin A1c
- 6-minute walk test
- Up to 36 sessions, 2-3 days per week
- Monday-Saturday appointments
 - Risk reduction education and support
 - Individual counseling (medical nutrition therapy, psycho-social counseling)

PULMONARY REHABILITATION PROGRAM

Benefits:

- Reduces and controls respiratory symptoms
- Improves the ability to perform daily activities
- Improves physical conditioning
- Lowers healthcare costs by reducing the frequency and the number of days of hospitalization

For those who have experienced:

- Persistent asthma
- Bronchiectasis
- Chronic obstructive pulmonary disease (COPD)
 - Stages 1-4, including alpha-1 antitrypsin deficiency
- Interstitial lung disease
- Lung transplant
- Obstructive/restrictive lung disease
- Post-COVID-19 respiratory conditions
- Pulmonary fibrosis

Program includes:

- Pulmonary function screening
- Pulse oximetry monitoring
- Resting oxygen saturation pre/post walk test
- Blood pressure checks
- 6-minute walk test
- Up to 36 sessions, 2-3 days per week
- Risk reduction education
- Support group information available
- Individual counseling sessions (medical nutrition therapy, psycho-social counseling)



"PAD REHAB" SUPERVISED EXERCISE THERAPY for Peripheral Artery Disease (PAD)

Benefits:

- Reduces PAD symptoms
- Prevents further progression of the disease

For those who have experienced:

- Peripheral artery disease

Program includes:

- Supervised exercise therapy (SET) with guided instruction
- Exercise plan, alternating activity and rest intervals
- Treadmill walking
- Resistance training
- Risk factor education
- Up to 36 sessions
- 3-5 days per week for 12 weeks
- Monday-Saturday appointments

ENHANCED EXTERNAL COUNTERPULSATION PROGRAM (ECCP)

Benefits may include:

- Reduction of angina pain
- Decreased need for medication
- Increased level of exercise tolerance
- Return to everyday and leisure activities
- Improved quality of life

Available for those who experience:

- Pain associated with angina pectoris despite prior treatment

Program includes:

- Non-invasive procedure carrying little or no risk performed in the Stead Heart & Vascular Center
- External cuffs on legs and buttocks expand and deflate to increase blood and oxygen returning to the heart
- 35 one-hour sessions
- Typically performed 5 days per week for 7 weeks

HOW TO GET STARTED IN OUR PROGRAMS

- Ask your doctor if you are a candidate
- Physician referral required
- Register by calling: 909.865.9810



"EXERCISE FOR LIFE" WELLNESS PROGRAM for Chronic Conditions

What do you do after formal rehab ends?

Our "Exercise for Life" Program allows participants to extend the benefits of their rehab program independently, but still exercise in a medically supervised environment. Structured to assist those in need of managing heart, vascular, lung and other chronic conditions, this program includes:

- Cardiovascular risk stratification assessment
- Monitoring of blood pressure, heart rate and other disease related risk factors
- Education and personal counseling on risk reduction
- Individualized exercise program designed by medically trained exercise physiologists, respiratory therapists and physical therapists
- Orthopedic screening and consultation if needed
- Supervision by our cardiovascular rehabilitation staff
- Camaraderie and support of other members as you exercise together in PVHMC's cardiovascular gym
- Monday-Saturday appointments

COST OPTIONS: \$30-4 sessions \$300-6 months
\$60-8 sessions \$600-12 months

A physician signed enrollment form is required.*

*The "How To Enroll" form can be downloaded from the Wellness and Aftercare section of our website.

pvhmc.org/rehabilitation



"This expert team closely monitored my progress safely guiding my full recovery."
-Paul Orr, MD

"Pulmonary Rehab improved my stamina and I can now walk without gasping for air."
-La Juanda

"The Wellness staff is outstanding. They helped me realize my #1 priority should be my health."
-Obie

