AEP offers a stage 3 cardiac rehabilitation program. The program assists and guides patients with appropriate exercise in a safe and fully supervised environment after their cardiac event. The program has been developed in conjunction with Dr. Alistair Begg, a cardiologist at SA Heart, and the cardiologist in charge of Cardiac Rehabilitation at Ashford Hospital.

The AEP cardiac rehabilitation program is ideal for those patients who have just completed a Stage II hospital based program or those who are greater than six weeks post-operative and suffering from any one of the following heart conditions:

- Post-operative Coronary Artery Bypass Graft
- Post myocardial Infarction (heart attack)
- Valve replacement
- Post pacemaker and/or defibrillator insertion
- Ischaemic heart disease
- Unstable angina
- Arrhythmias
- Cardiomyopathy
- Heart Failure or any other cardiac related condition

What to expect

The cardiac rehabilitation program runs for eight weeks and requires a minimum of 2-3 individual appointments with one of our exercise physiologists prior to beginning. Once an individual program has been developed, patients can then move into the eight week cardiac rehabilitation group where they will attend a weekly 60 minute exercise and education class with other cardiac patients. During this class their heart rate, blood pressure and oxygen saturation levels will be measured to ensure that they exercise at a safe but adequate level.

Cost

Initial consultation – $130
Follow-up consultation – $70
Cardiac rehabilitation class – $20
All prices are rebate able on private health cover

*Please note that most private health funds cover Exercise Physiology and Dietitian services – check with your fund to find out the table you’re on and the rebate amount. All AEP clinics have a HICAPS machine for on-the-spot claiming.