

## Cardiac and Pulmonary Rehabilitation

Age Requirements

56-60

,

60+

Available 24/7

No

Intake Process

Call to set up appointment; physician referral may be required.

Self Refer

No

Shore Cardiopulmonary Wellness Service

<http://www.shorehealthservices.org/>

<http://www.riversideonline.com/shore/>

Main

(757) 787-8953

26164 Lankford Hwy

23418 VA

United States

Monday: 8:00 am-5:00 pm

Tuesday: 8:00 am-5:00 pm

Wednesday: 8:00 am-5:00 am

Thursday: 8:00 am-5:00 pm

Friday: 8:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Fee Range

Payment Method(s)

Private Pay

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Private Insurance

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Medicaid

,  
Medicare

Languages Spoken  
English

Riverside Shore Cardiopulmonary Wellness Services offers cardiac and pulmonary rehabilitation including comprehensive fitness assessments, health education seminars, and nutritional assessments. Patients with diagnosis of heart attack, open-heart surgery, chronic heart failure, balloon angioplasty can benefit from cardiac rehabilitation which is the use of exercise, education and psychological and emotional support to facilitate a patient's recovery from heart disease.

Pulmonary rehabilitation is the use of monitored exercises, pulmonary specific exercise with respiratory therapists and education to improve on patient's quality of life. Patients with chronic obstructive pulmonary disease, asthma, chronic bronchitis and emphysema can benefit from this type of rehabilitation.

The Wellness programs include fitness assessments, health education seminars, corporate fitness, sports specific training and medical fitness training.

Service Area(s)  
Accomack County

,  
Northampton County