

## Cardiac Rehabilitation

Available 24/7

No

Other Eligibility Criteria

Ages over 12.

Family

No

Intake Process

Appointment and specific documents required. Physical referral required for some services

MedStar National Rehabilitation Hospital

<https://www.nrhrehab.org/>

Main

(202) 877-4674

TTY/TTD

(202) 877-1450

102 Irving Street NW

20010 DC

United States

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

,

Private Insurance

,

Medicaid

,

Medicare

,

Tricare

Languages Spoken

English

,

Sign Language

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Multi-Lingual

The National Rehabilitation Hospital's (NHR) Cardiac Rehabilitation Program is designed for individuals who have undergone acute medical and/or surgical treatment of a cardiac disease and now require medical rehabilitation to be restored to the level of physical endurance and self sufficiency that they enjoyed prior to their illness. NHR offers comprehensive inpatient and outpatient rehabilitation services for these individuals. Patients needing follow-up outpatient treatment are referred back to their primary caregivers.

Patient care is directed by a cardiologist and a physiatrist. Together with the patient and family, the rehabilitation team establishes individualized goals, re-evaluates previous goals as needed, monitors patient progress, and coordinates efforts to prepare the patient to leave the inpatient hospital setting. Cardiac rehabilitation services include:

- Medical care
- Patient and family education
- Supervised EKG-monitored exercise

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

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Fairfax County

,

Falls Church City

,

Fauquier County

,

Loudoun County

,

Manassas City

,

Manassas Park City

,

Prince William County