

## Cardiac Rehabilitation Services

Available 24/7

Yes

Documents Required

Call for details

Intake Process

Call for information. Admissions information is available on the website.

Intake Contact Telephone

(804) 877-4000

Provider Refer

Yes

Report Problems

Call the Agency

Sheltering Arms Institute (SAI)

<https://shelteringarmsinstitute.com/>

<https://shelteringarmsinstitute.com/conditions-services/cardiac-rehabilitation/>

<https://www.facebook.com/ShelteringArmsInstitute/>

[https://twitter.com/SAI\\_Rehab](https://twitter.com/SAI_Rehab)

Main

(804) 877-4000

2000 Wilkes Ridge Drive

23233 VA

United States

Fee Structure

Call for Information

Payment Method(s)

Private Pay

,

Private Insurance

,

Medicaid

,

Medicare

Languages Spoken

English

Shelting Arms Institute is a state-of-the-science, 114-bed, rehabilitation hospital that blends advanced technology, research, and evidence-based clinical care to create superior outcomes for patients.

Features include:

- 212,063 total square feet,
- All private patient rooms,
- Traumatic brain injury, spinal cord injury, complex care, stroke, and general rehabilitation units,
- 9,251 sq. ft. main therapy gym and three satellite gyms,
- Research, conference, and outdoor space,
- Physician, psychology, and nursing services,
- Physical, occupational, and speech therapy,
- Therapeutic recreation,
- Cutting-edge patient care technology and rehabilitation equipment,
- Chapel and dining room,
- Designated visitor areas.

Following any cardiac event or surgery, the expert clinicians at Shelting Arms Institute will devise a rehabilitation treatment plan to fit a patient's needs, one that focuses on increasing your cardiovascular fitness and endurance. Even if a patient is not able to stand and walk, the Shelting Arms team will tailor the program to a patient's needs. The team uses outcome measures, or objective testing, to track progress in therapy and educate the patient on their capabilities. The team monitors vital signs during exercise, so that patients may safely advance toward the exercise prescription guidelines recommended by the American Heart Association.

At Shelting Arms Institute, the transdisciplinary team members also prioritize patient education related to disease management, such as knowing the signs and symptoms of acute decompensated heart failure, and behavior modification, such as lowering the patient's risk of heart attack and stroke through changes in diet and exercise.

Service Area(s)

Statewide