



About Florida Hospital Zephyrhills

Florida Hospital Zephyrhills is a 154-bed, full-service, mission-based facility. Our clinical team of physicians, nurses, technologists and therapists deliver a full range of inpatient and outpatient services. Patients are assured of a true commitment to health care excellence, in a compassionate, caring and expert setting.



Florida Hospital Zephyrhills

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Zephyrhills, FL 33541
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www.fhzeph.org

CARDIOPULMONARY REHABILITATION



The skill to heal. The spirit to care.

FLORIDA HOSPITAL ZEPHYRHILLS CARDIOPULMONARY REHABILITATION

The Florida Hospital Zephyrhills Cardiopulmonary Program is designed to improve your health and quality of life if you have heart, lung or vascular disease. In collaboration with your physician and our team of specially trained nurses, respiratory therapists, physical therapists and dieticians, we work with you to help ensure that you will be receiving the most effective rehabilitation treatment for your needs.

In addition to medically supervised exercise and individually tailored education, you have access to programs for smoking cessation, nutrition counseling, psychological counseling and physical and occupation therapy.

Improving Quality of Life

Our cardiac and pulmonary rehabilitation programs are designed to help you lead an active, productive life—mentally, physically and spiritually. A comprehensive review of your medical, dietary, psychological and lifestyle situation and needs will determine your treatment plan.

Our Cardiopulmonary Program is located in the Wellness Center just off the main lobby of Florida Hospital Zephyrhills. Typically, you will spend six to 12 weeks in rehabilitation, attending sessions that meet for one to two hours on Mondays, Wednesdays and Fridays.

Program Benefits

- Reduces Symptoms
- Reduces Anxiety and Depression
- Decreases Need for Hospitalization
- Improves Physical Conditioning
- Increases Exercise Tolerance
- Increases Ability to Carry Out Daily Activities
- Improves Quality of Life
- Prolongs Survival (cardiac rehabilitation)



Cardiopulmonary staff will review your medical treatment plan to ensure the appropriate steps are taken to minimize disease progression.

You may benefit from cardiopulmonary rehabilitation if you have experienced:

- Stable angina
- Angioplasty or stent replacement
- Acute MI (Heart attack)
- Open heart surgery
- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma
- Chronic bronchitis

Cardiac and pulmonary rehabilitation services are covered by most insurance plans. Your participation in the program does require a physician referral. For more information about Florida Hospital Zephyrhills Cardiopulmonary Rehabilitation Program, please call (813) 788-0411, ext. 1420.

