

Cardiac Rehabilitation Programme

Cardiac Rehabilitation

Information for Patients

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Who is the Cardiac Rehabilitation Programme for?

Cardiac Rehabilitation is an education and exercise programme for people living with coronary heart disease. It is available as a class-based programme or online.

The programme will:

- teach you how to manage your condition effectively.
- increase your activity/ exercise ability and muscle strength.
- improve your level of fitness.
- help you notice and control the symptoms of your condition.
- teach you about your condition.
- reduce your levels of breathlessness and tiredness.
- improve your quality of life.

After your referral to the program you will have a phone appointment. In this phone appointment the rehabilitation special healthcare professional will ask you questions. You will then need to do a walking test. This can be at Glenfield Hospital, Leicester General Hospital, Loughborough University (NCSEM) or at a leisure centre.

For the walking test you will need to walk around 2 cones that are 9 metres apart. You will need to keep up with pre-set timings for as long as possible. We will closely monitor you.

The results help us create a personal exercise programme for you during your rehabilitation journey. The test is a good way for you to see how much you can manage. Many people who have done the walking test are surprised at how much they can actually do.

After the assessment, we may enrol you onto a rehabilitation programme. The programme includes a weekly face-to-face exercise classes and educational sessions. Or you can have access to an internet based exercise diary and health related information (i-IMPACT).

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Are there any risks when exercising?

There are risks when exercising, even for healthy people. In a small number of cases people may feel unwell, dizzy, short of breath or experience palpitations. The team will be on hand to support you.

People often face problem because they are not following the exercise guidance. The exercise programme is structured to reduce risks when exercising. It is important that you follow the instructions given by the Rehabilitation Team. **If you feel unwell at all, you must tell us right away.**

What does the programme involve?

You will learn how to exercise safely and confidently. You can take part in 1 of the below options:

- **Site based classes** take place once a week for 8 weeks. Each class lasts about 2 hours.
- **Web based programme** on average is completed in 8 weeks. You will have access to the programme for 1 year.

You must be committed to taking part in the programme.

We understand that there may be times when you cannot attend. Remember that you will benefit most by regularly interacting with the programme. If you cannot attend site-based classes, you must tell us as soon as possible. If possible, you may be able to make up missed sessions you let us know of. This if there are spaces available.

We expect you to continue with and carry out your exercise programme at home. You should make it part of your daily routine. We will explain this to you. The team will closely monitor you. It may also be possible to refer you to an exercise programme in your local area once you have completed your programme.

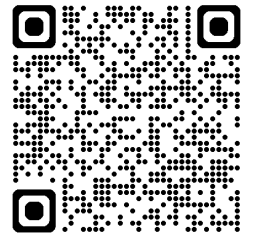
- You must tell the Rehabilitation Team about any changes in your health or medicines while you are on this programme.

If you are interested in participating in the programme, please talk to your Cardiac Rehabilitation Team, GP or consultant. Scan on the QR code below or visit: www.uhleicester.nhs.uk/services/cardiology/cardiac-rehabilitation/ to find out more about our Cardiac Rehabilitation service.

Contact details

The Cardiac Rehabilitation Team:

Glenfield Hospital:	0116 258 3986
Leicester General Hospital:	0116 258 8069
Loughborough University NCSEM:	0116 258 7544
Aylestone Leisure Centre:	0116 258 7544



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net