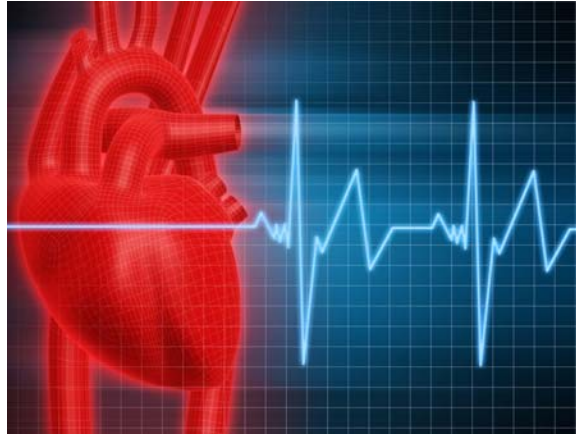


## Living a Quality Life With Heart Problems



### Can Therapists Help You if You Have Heart Problems?

**Yes.** Studies have shown that physical therapy and occupational therapy can help a person who has been diagnosed with cardiovascular or heart disease so they can maintain and engage in a quality life.

A person with heart problems may have high blood pressure, high cholesterol, and may be susceptible to diabetes, and there may be certain activities that a person should modify to stay healthy.

#### What can **TCC REHAB** therapists do for you?

- ❖ Evaluate a person's physical health and activities of daily living
- ❖ Determine what work, home, and leisure activities should be modified to reduce strain on the heart
- ❖ Modify home and work tasks to minimize stress and fatigue
- ❖ Recommend pacing strategies and adaptive equipment that may help a person to expend less energy and reduce strain on the heart
- ❖ Teach coping strategies for people who have feelings of anxiety and depression because of heart problems.
- ❖ Design a progressive individualized home exercise program and teach relaxation and stress management techniques

#### Need more information?

All forms of arthritis are serious and can affect many aspects of a person's life, including work and leisure activities. If you would like to consult your therapist,

please call ..... **TCC REHAB @ 1-800-633-6507**