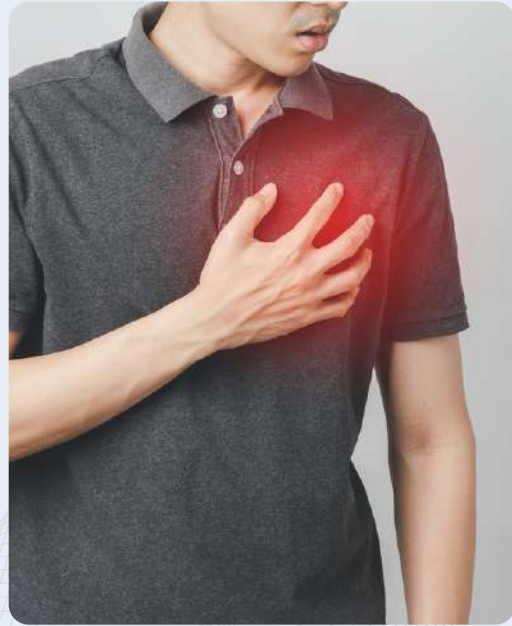


Cardiac Rehabilitation

What is Cardiac Rehabilitation?

Cardiac Rehabilitation (CR) is a comprehensive multidisciplinary programme that supports recovery and long term heart health following a cardiac event or procedure. It is designed for individuals who have experienced a heart attack, undergone angioplasty or coronary artery bypass graft (CABG) surgery, had other forms of heart surgery, or are living with heart failure. Its goal is to deliver comprehensive care, guidance and education that supports recovery and reduces the risk of future heart problems.



Getting Started:

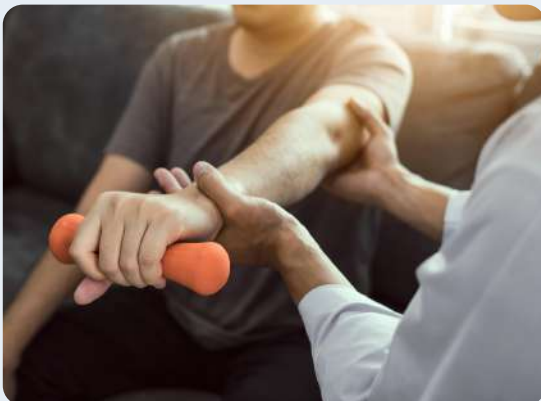
Simply drop us a Call or Whatsapp to book your discovery session with us. If you have recently been hospitalised; to facilitate insurance claims, it is recommended to consult with a cardiologist for a referral form and a doctor's memo before starting this programme.

How can I prepare for a Cardiac Rehabilitation Session?

We recommend wearing a loose comfortable outfit, eg: Sweatpants, T-shirts and Running Shoes. Take your meals and medications at least 1 hour before coming for each session.

Are there any Potential Risks?

Cardiac rehabilitation is well-established as a safe and effective intervention method, with research consistently demonstrating that adverse events are rare. Throughout the programme, trained professionals provide close supervision, continuously monitoring your heart rate and overall response to exercise to ensure that the intensity and progression remain appropriate and safe.



Cardiac Rehabilitation



Co-ordinated Care:

At PhysioVitaе, our team of specialised clinical Physiotherapy experts provide seamless care through collaboration with various healthcare providers of different expertise to ensure every aspect of your recovery is targeted and personalised.

Our Cardiac Rehabilitation team comprises the following:

- Physiotherapist
- Dietician
- Primary Cardiologists (Referring Doctor)



What to Expect:

This programme consists of:

- An initial consultation detailing your health history, symptoms, and goals.
- A body compositional analysis scan
- A comprehensive assessment using tech supported evaluations to identify root causes and design a personalised, lifestyle-focused plan.
- Targeted therapy using manual techniques, customised exercises, nutrition guidance, and behaviour-change strategies to address issues and support prevention.
- Progress tracking through health technology and regular follow-ups

Cardiac Rehabilitation

Our Programme consists of Two Main Parts:

Step 1: Patient Education

To help you better understand your heart condition, and discover sustainable ways to reduce future complications, our trained Cardiopulmonary Physiotherapists will specially curate evidence-based programmes to help you maintain long-term health.

You will learn how to:

- Manage risk factors such as High Blood Pressure, High Cholesterol and Diabetes.
- Maintain a Healthy Diet, no "Yo-Yo effect".
- Reduce Stress and mitigate dejection.
- Foster Sustained Health in the long term.



Step 2: Exercise Training, Nutrition Plan & Smart Monitoring

With regular, guided training, personalised nutrition support, and smart health monitoring, you can steadily improve your cardiovascular fitness, recovery, and overall well-being throughout the programme.

Our integrated approach helps to:

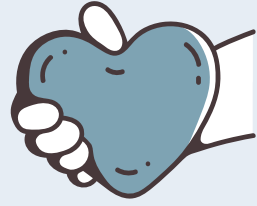
- Optimise heart function and physical fitness
- Improve blood pressure, cholesterol, and weight control
- Enhance energy levels and reduce fatigue
- Support safe, structured, and sustainable recovery

Your programme includes:

- Guided & personalised exercise training tailored to your condition and abilities
- Practical, heart-healthy dietary guidance that fits your lifestyle
- Smart ring monitoring to track heart rate, activity, sleep, and recovery in real time

This allows us to personalise your progression with precision, enhance safety, and deliver better long-term heart health outcomes.

Cardiac Rehabilitation



Meet Our Professionals



Koe Zi Yi

Co-Founder & Principal
Physiotherapist



**Rethinam
Ganesan**

Co-Founder & Principal
Physiotherapist



**Annabelle
Johnson**

Accredited Practicing
Dietitian & Nutritionist

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With your smart phone to view our website and access
more information

