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Physiotherapy department office

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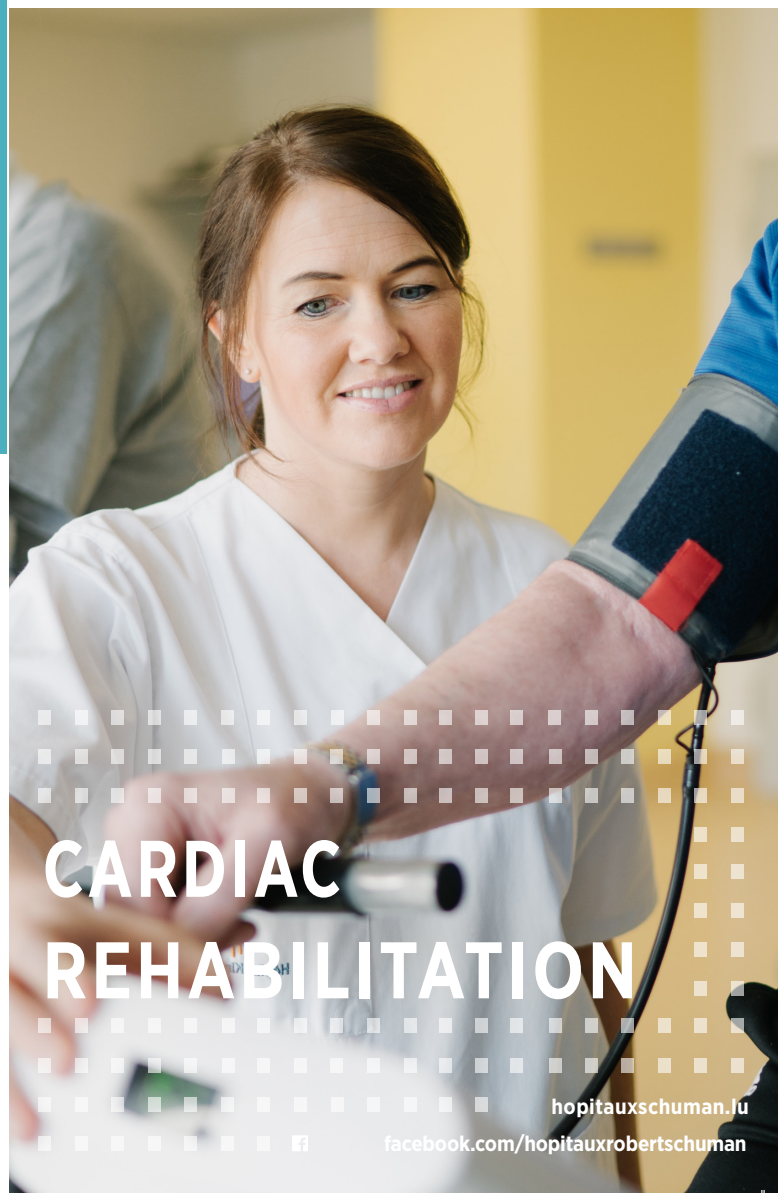
Cardiac rehabilitation takes place in the physiotherapy department on **Floor -1 of Hôpital Kirchberg.**

USEFUL LINKS

www.acteurdemasante.lu
www.hopitauxschuman.lu



PHYSIOTHERAPY DEPARTMENT



CARDIAC REHABILITATION

MISSION

The cardiac rehabilitation department offers a training programme for patients presenting a cardio-vascular pathology. These training sessions result in an appreciable improvement to patients' physical capabilities, restore patients' confidence in their ability to carry out daily activities and are an opportunity to meet other people with a similar cardiac history.

CARDIAC REHABILITATION PROGRAMME

The programme consists of 24 sessions. Sessions are held 3 times a week and include a range of different types of exercises, such as cycling and exercises to strengthen the muscles in the arms and legs.

A physical capability training programme has several aims:

- To enable patients to rediscover the sensations that are usually associated with physical effort
- To increase maximum physical capabilities
- To restore pleasure in physical activity and the desire to continue training in the long term
- To help reduce many risk factors (such as excessively high blood pressure, a high cholesterol level,...) through regular, sufficiently intensive physical activity

PRACTICAL INFORMATION

If you are affiliated to the CNS, the physiotherapy department will send the authorization request for cardiac rehabilitation and for reimbursement of your transport expenses to the CNS. In this instance, all expenses will be covered.

If you are not insured with the CNS, you are invited to contact your insurance provider to initiate proceedings for reimbursement of the expenses incurred.

In the event that taxi transport is requested, CNS will cover the cost of 20 return trips. A list of CNS-approved transport providers is available from the physiotherapy department and on the CNS website. You are requested to arrange transport as required.

Changing rooms with showers and lockers are available. Please come with sportswear, suitable footwear, a towel and a bottle of water.

