



Cardiac Rehabilitation increases cardiovascular fitness and promotes a healthier lifestyle. Studies show that patients who participate in cardiac rehab live longer, feel better, and are less likely to be readmitted to the hospital.

Our Cardiac Rehabilitation team will help you to improve your heart's health through a program of supervised exercise and health education.

If you have experienced cardiac difficulties, such as myocardial infarction (heart attack), coronary artery bypass surgery or other cardiac surgery, coronary artery angioplasty, STENTS, or heart failure, talk with your doctor about our program.

Cardiac rehab is an investment in your recovery—and your future heart health.

OUR LOCATION

BROOKS HOSPITAL

**CARDIAC REHABILITATION PROGRAM
GROUND FLOOR - OFF MAIN LOBBY
529 CENTRAL AVE
DUNKIRK, NY 14048**

FOR APPOINTMENT: 716-363-3039

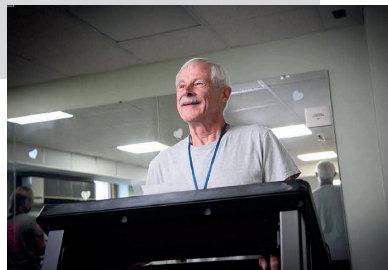
Our Mission

To provide high-value care to advance health and wellness.

Our Vision

To be trusted for providing the best quality and compassionate care for a healthier community.

KEEPING CARE CLOSE TO HOME



(marcomms/01/2026)

CARDIAC REHABILITATION

AT BROOKS HOSPITAL



BROOKS-TLC HOSPITAL SYSTEM, Inc.

Affiliated with Kaleida Health



529 Central Ave

Dunkirk, NY 14048

716-363-3039

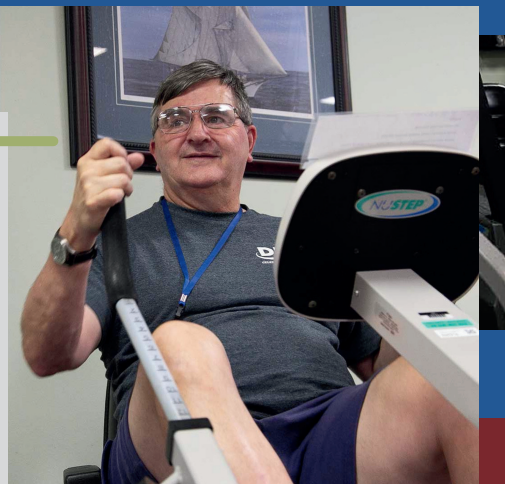
Our Cardiac Rehabilitation Program is designed to help patients recover and thrive after a heart-related event such as:

- a heart attack
- surgery
- diagnosis of heart disease.

Guided by a team of experienced nurses, the program combines monitored exercise, heart-healthy education, and personalized support to improve strength, confidence, and overall heart health.

Whether your goal is to return to daily activities or embrace a healthier lifestyle, we're here to help you every step of the way—safely and with compassion.

[A physician's order for Cardiac Rehabilitation is needed to access our services.](#)



OUTPATIENT CARE

This phase of Cardiac Rehabilitation involves a progressive, aerobic and a continuously monitored exercise program designed to return you to your optimal level of health.

Outpatient Cardiac Rehabilitation consists of 3 one-hour sessions each week for a period of up to 12 weeks.

Patients will be encouraged to follow a detailed home exercise program.

Each exercise session includes:

- Warm-up exercises
- Equipment such as treadmills, stationary bikes, rowing machine, wall pulleys, arm ergometer and stairs
- Cool-down exercises

During the exercise sessions, electrocardiogram monitoring, blood pressure and heart rate measurements are used to determine your cardiovascular response.

A final discharge summary report is sent to your primary care physician and cardiologist.

In addition, health education programs are offered during the rehabilitation period. Topics include:

- Modifying the risk factors for coronary heart disease
- Stress management
- Medications
- Support for the spouse of the cardiac patient

REQUIREMENTS

To enter the Cardiac Rehabilitation Outpatient Program you need a physician's referral, an exercise stress test and recent blood work.

A medical history and physical examination will be performed upon entry into the program.

CLASSES

The air-conditioned exercise facilities are located on the ground floor of Brooks Memorial Hospital, 529 Central Avenue, Dunkirk, NY.

Classes are offered Monday, Wednesday and Friday mornings.

Wear comfortable, loose fitting clothing. A shirt/top will need to be opened at the neckline so the chest is accessible for electrode placement and heart rate monitoring.

PROGRAM COST

The cost of Cardiac Rehabilitation is covered by Medicare and most insurance plans. Patients are responsible for any deductible or copay required by your insurance company.

If you have questions regarding the Cardiac Rehabilitation program, please call:
716-363-3039