

Cardiac rehabilitation

What is cardiac rehabilitation?

Cardiac rehabilitation, sometimes called cardiac rehab, is a program run by healthcare professionals for people recovering from a heart attack, surgery or diagnosis of a heart condition. Cardiac rehab helps you to make heart-healthy changes and is an important part of your recovery. Programs can be delivered in person or via your phone or computer.

Cardiac rehab can help you to:

- Improve your strength, stamina and mobility
- Learn about your heart condition
- Make positive changes, such as healthy eating, being more active and giving up smoking
- Understand your medicines and how to take them
- Improve your mental health and wellbeing
- Get back to work and everyday activities



What can I expect?



Before starting the program, you'll meet with the cardiac rehab team for an initial assessment. They will consider your current health status, work with you to set some goals and answer any questions you have.



Exercises that are tailored to suit your health needs. They will safely build your strength, fitness and confidence, with your healthcare team supporting and guiding you.



Information and education sessions on topics such as healthy eating, managing your medicines, and getting back to everyday activities.



Emotional support to help you adjust to life with a heart condition and discuss any mental health concerns. Face-to-face programs can also let you meet and share experiences with other people in a similar situation.

How can I access cardiac rehab?

There are different ways to access cardiac rehab programs depending on where you live in Australia. Some of the options available in your area might include:



face-to-face



over the telephone
or via video call



in a group or
one-on-one



in hospitals, community
centres or clinics



in your
home

Some cardiac rehab programs also let you involve your family and friends. This can help them to better understand your condition and how to support you.

For referral to a cardiac rehab program, speak to your doctor or other healthcare professional. You can also contact a cardiac rehab service yourself. Use the Heart Foundation's Cardiac Services Directory to find a program you can join locally or via telehealth. →



No matter how you access it, **cardiac rehab** is a great way to learn more about your heart condition, make heart-healthy changes and lower your risk of future heart problems.



Scan the QR code to listen to John from Mount Isa as he talks about his positive experience attending a cardiac rehab program. This will help you understand what it involves and how you can benefit.



Join the MyHeart MyLife support program

The Heart Foundation's MyHeart MyLife program is a free digital program for people who have had a heart attack, angina or been diagnosed with heart disease. MyHeart MyLife goes hand-in-hand with cardiac rehab by giving you extra information and support before, during and after your program.



← Scan the QR code or visit
myheartmylife.org.au to join



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