

# Rehabilitation following a heart attack, heart surgery, or for people living with a heart condition



Circle Rehabilitation Birmingham offers a specialised clinic for people who are living with a heart condition, or who are recovering from heart surgery or a heart attack.

We're here to help you live life to the fullest, accelerating your recovery and helping you get back to doing the things you love.

We can help you with your physical recovery or coping with your physical condition, while also helping you make good lifestyle choices to improve your overall heart health.

Everyone's experience is different, and we will put together a bespoke treatment programme for every person, tailored to your individual needs and goals.

We have a medically-led team of private physiotherapists, nurses, occupational therapists, dietitians, and other healthcare professionals, and a large range of state-of-the-art equipment and therapies. We can help you improve your mobility, devise an exercise schedule which is optimised for you, increase your confidence, cope with stress and anxiety and form a plan for your next steps.

## Care after diagnosis or treatment

All our rehabilitation programmes at Circle Rehabilitation are medically led. That means a specialist rehabilitation consultant oversees and designs our programmes. We only rely on evidence-based therapies, and we always work towards the goals that you set for your own rehabilitation.

As well as your physical health, we can help you with your emotional health too. You may benefit from taking some time with a psychologist, talking about how you are feeling about your heart condition and developing strategies to make that easier.

We know how much people rely on those around them; we can also help your friends and family understand what has happened, so that they can further support you in your recovery.

Our specialist rehabilitation clinic is fully equipped with some of the latest rehabilitation equipment to help you in your recovery or to manage your condition.

### Our aims are:

- To help you build strength and confidence
- To work in partnership with you and your consultant to achieve the best possible health outcomes for you
- To help you learn strategies for the future

### We will:

- Treat you as an individual, putting together a package of care that is tailored to you
- Support you towards achieving your goals

Circle Rehabilitation is the largest rehabilitation network in the UK, set in our specialist centre in Birmingham and in our Circle and BMI Healthcare hospitals across England, Scotland and Wales.

Although we are a large network, you will always be treated as an individual. Everyone is at a different point on their rehabilitation journey, and we will design a package of care with you that suits your individual needs. Our expert medical team includes consultants, doctors, nurses, psychologists, physiotherapists, dietitians and other specialist rehabilitation therapists. They'll provide you with the latest treatment and therapies utilising state-of-the-art technology, in a high quality hospital setting.

You set the goals; we work towards them together.

## Funding your rehabilitation treatment

Do you have private medical insurance? Circle Rehabilitation is recognised by many of the major insurance and medical legal providers. Alternatively, you can pay for your own treatment. If you would like more information about using your private medical insurance, or if you would like to discuss prices for your individualised package of care, please call us on **0800 096 3236** or email [rehab@circlehealth.co.uk](mailto:rehab@circlehealth.co.uk)

We welcome referrals from GPs, consultants, insurers, solicitors and directly from patients. We can provide assistance to individuals, embassies and overseas patients on admissions, and we welcome enquiries from patients and their families to determine the most appropriate care we can offer.

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