

# Welcome to CROP Exercise

## Cardiac Rehabilitation Outpatients Program

### Welcome

You have been referred to Cardiac Rehabilitation Outpatients Program (CROP) Exercise, based at Kirwan Community Health Facility.

### The Program

CROP Exercise is a component of your rehabilitation. Initially you will meet one-on-one with an Exercise Physiologist to discuss your medical history, current concerns, your lifestyle and future goals. Your discussion with the Exercise Physiologist will provide you with education and guidance on returning to daily activities and improving your health.

The Exercise Physiologist may also recommend participation in the CROP Exercise group program over a 6 week block for a gentle introduction to exercise. The program is undertaken in the rehabilitation gym at Kirwan Community Health Facility.

### What do I bring?

- List of current medication
- Closed in shoes (if possible)
- Comfortable clothing
- Water bottle
- Your questions

Please feel free to bring a support person (e.g. your significant other, neighbour or friend) who will often have questions/queries of their own.

### Remember:

Your responsibilities

- Report to main reception upon arrival for every session (for fire and safety)

### What if I need more help?

Please discuss any concerns with your clinician, they may be able to refer you to other Community Services, such as:

- Dietician
- Psychology
- Aboriginal & Torres Strait Islander Health Worker
- Occupational Therapist
- Social Worker
- My Aged Care

### If you are unable to attend:

Please ensure you advise us if you are unable to attend your scheduled session. By phoning:

**Kirwan Community Health Facility:**  
**4433 9500 (8am & 4.30pm)**

The program runs all year round and appointments can be rescheduled if required. Failure to attend 2 sessions without notice may result in cancellation from the program.

Notes:

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Partnering with Consumers - This patient information brochure supports National Safety and Quality Health Service Standard 2. Consumers and/or carers provided feedback on this patient information.



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