Referring to the Center
Clients are referred to the center by their physicians. Most of our clients are cardiac or pulmonary patients; however, we are continually expanding our services based on the latest, most reliable evidence and greatest community need.

To refer a patient to St. Luke’s Heart Health and Rehabilitation Center, or for more information, please call (208) 706-7050.

Directions
St. Luke’s Heart Health and Rehabilitation Center is located on the 5th floor of the Meadowlake Medical Building on the St. Luke’s Meridian campus, just off I-84 at Eagle Road.

From I-84: Take the Eagle Road exit north to St. Luke’s Road (stoplight), and turn right. Continue east to the last building on your left (Meadowlake Medical Building).

From Eagle/North Boise Area: Take Eagle Road south to St. Luke’s Road (stoplight), and turn left. Continue east to the last building on your left (Meadowlake Medical Building).

Check out our videos on YouTube:
Cardiac Rehab: The Patient Experience
St. Luke’s Heart Health and Rehabilitation Center

Pulmonary Rehab: The Patient Experience
St. Luke’s Heart Health and Rehabilitation Center
Dedicated to Your Best Quality of Life
More people are living with cardiovascular disease, pulmonary disease and other chronic diseases and conditions than ever before. However, with careful, effective management, they can live full, active lives, or at the very least, experience a higher quality of life. A key component to effective management is a cardiovascular or pulmonary rehabilitation program—a coordinated, multifaceted intervention designed to improve and optimize each patient’s physical, psychological and social functioning.

Cardiovascular Rehabilitation
The goal of cardiovascular rehabilitation is to stabilize, slow or even reverse the progression of cardiovascular disease. It can improve quality of life, reduce risk factors and create a sense of well-being and optimism about the future. Studies show that overall mortality (from cancer, dementia and cardiovascular disease) is reduced by 45% over the next 10 years after completing cardiovascular rehabilitation.

St. Luke’s medically supervised program is tailored to each client’s needs, and includes exercise, nutrition, weight management, medication and symptom management, ECG monitoring, education, counseling and support. Clients learn to modify risk factors including high blood pressure, smoking, high blood cholesterol, physical inactivity, obesity and diabetes. They are also counseled on topics such as the appropriate use of prescribed medications, overcoming depression and managing stress.

Pulmonary Rehabilitation
Pulmonary rehabilitation focuses on lifestyle modifications that allow patients to feel better, more effectively function with chronic lung disease and reduce hospital admissions. Program components include activities of daily living (ADL) modification such as energy conservation and pulmonary hygiene, breathing retraining, education about medications and medication administration, and cardiovascular and strength training. Each participant has an individualized program created for them.

About Our Center
St. Luke’s Heart Health and Rehabilitation Center is the first of its kind in Idaho. The 11,000 square-foot center features more than 80 pieces of heart-healthy exercise equipment, a full-size walking track with a joint-friendly surface, classrooms and audio-visual equipment for ongoing learning opportunities, and a kitchen for nutrition presentations and practice.

Cardiologists from St. Luke’s Clinic – Idaho Cardiology Associates are located one floor below the Rehabilitation Center.

Rehabilitation Specialists
Our medical director is an internal medicine specialist whose sole practice is caring for rehabilitation patients. Nurses, respiratory therapists, occupational therapists and exercise physiologists are on site to monitor each client’s condition and progress as he or she moves through the prescribed physical activities. Clients also have access to a registered dietitian and licensed clinical social worker. Updates regarding each client’s progress are sent to his or her physician.

Maintenance Program
Graduates of our rehabilitation program can continue to exercise at the center for a small out-of-pocket fee, and take part in our educational programs for free, for life.

Tobacco Treatment: Open to all Rehabilitation Center clients, this program includes medical intervention by our medical director as well as individual counseling by a licensed clinical social worker who is a Mayo-certified tobacco cessation counselor.

Mended Hearts: Cardiac rehabilitation graduates and veteran “Phase 3” clients reach out to new cardiac patients while they are still in the hospital, with support and encouragement.

Educational Services: Free community classes are offered on a wide range of health topics, such as Advance Directives, Healthy Cooking, Emotional Wellness and Exercise Myths.

Introduction to Gentle Yoga: Yoga incorporates gentle stretches with conscious breathing and relaxation techniques to create a mind-body-spirit experience to increase flexibility, balance, relaxation, energy and well-being.

Massage: Massage has been proven effective for many symptoms including fatigue, pain and anxiety, and enhances overall well-being and deep relaxation. A variety of techniques can be tailored to meet the needs, precautions and comfort of the client. Active rehabilitation participants are offered a free, 15-minute massage every other week.

Mindfulness Meditation: Learn to achieve a state of ease and calm through simple and effective relaxation techniques that can help ease pain, insomnia and anxiety.