

SCARSTORIES · A LITTLE COMPANY ON THE WAY

# Rehab you can reach from home

Yusuf B. — valve replacement · 6 Sep 2026

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Interesting new study on remote cardiac rehab programs — participation went way up when patients could join from home.

Not surprising. Getting to a hospital-based program three times a week is a part-time job if you don't live near one. Tele-rehab isn't for everyone but for rural patients it's a game changer.

A personal account, not a treatment recommendation. Experiences and recovery vary.

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For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.