

## Rehab St. John's

Rehab St. John's - EECF therapy is an outpatient treatment utilized for angina and heart failure. For those who experience these conditions, simple activities such as getting the mail or walking the dog can be really challenging. If you or perhaps someone you know experiences heart failure or angina, the non-invasive treatment called EECF therapy can be useful. Statistics prove that about 80 percent of patients who complete the 35 hour course of EECF therapy report substantial symptom relief which may last as long as 3 years.

EECF therapy has shown to be a beneficial treatment for angina and heart failure. Normally, treatments are given for one hour a day, 5 days a week for a total of 35 hours. A treatment session involves lying on a comfortable treatment table making use of large blood pressure like cuffs wrapped around your buttocks and your legs. At particular times in between your heartbeats, these cuffs deflate and inflate. A continuous ECG or electro cardiogram is used to set the timing. This insures that the cuffs inflate while the heart is in its resting state where it normally receives its supply of oxygen and blood. Then the cuffs deflate at the end of that rest period, just before the next heartbeat. The patient puts on a special sensor on their finger so as to check the blood's oxygen levels. The sensor likewise monitors the pressure waves created by the cuff deflations and inflations.