

CUSTOMER STORY / CARDIAC REHABILITATION

Providence Saint John's makes exercise **easy to follow.**

How the cardiac rehab team at Providence Saint John's Health Center uses Train to save staff time and put clear exercise guidance in patients' hands – in the clinic and at home.



Providence Saint John's cardiac rehab team.
Photo provided by Molly Wainstock

Since Oct 2024

Using Train in cardiac rehab

Daily use

Part of the team's clinical practice

Clinic + home

Clear guidance in both settings

THE CHALLENGE

Individual goals.
Limited staff time.

Patients need more than generic advice. Staff need a practical way to deliver it.

For Molly Wainstock, creating engaging home exercise plans is a major challenge in cardiac rehab. A lean team needs to support different strength and balance goals while giving patients guidance they can understand and use.

THE APPROACH

Build it once. Put it within reach.

The challenge

- Limited time to create individual plans
- Generic advice leaves patients unsure what to do
- Staff repeat exercise instructions

With Train

- ✓ Quickly create plans around each patient's goals
- ✓ Put clear visual guidance at every station
- ✓ Send patients home with a usable exercise plan

1 Build around the patient's goals

Create strength, core or balance routines suited to the person and their equipment.

2 Teach it. Keep the guide close.

Demonstrate the exercises, then reinforce learning with laminated plans at equipment stations.

3 Take the plan beyond the clinic

Give patients illustrated handouts to guide exercise at home or while they're away.



A ready-to-use visual guide, right where patients exercise.

THE BENEFITS

Less repetition. Clearer instruction. Support that travels.

FOR STAFF

Less repetition. More time for coaching.

Once staff have taught a routine, the laminated guide gives patients a reference as they practice. Molly says this saves staff time while making strength training more engaging.

“Saves us a little bit of time.” – Molly Wainstock

FOR PATIENTS

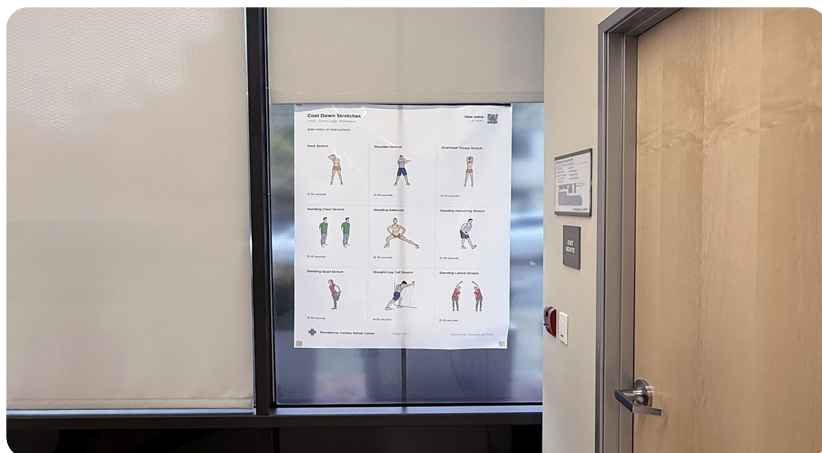
A plan they can understand and use.

Exercise illustrations, written instructions and muscle-group diagrams reinforce what staff have taught. Patients get clear handouts tailored to their goals, with the hospital’s branding.

FOR THE PROGRAM

Consistent guidance. Beyond each visit.

Reusable routines support different patient goals. Equipment guides and a large cooldown poster bring the same clear visual format into everyday group sessions.



One stretching routine, made visible for the whole group.

WHEN A PATIENT NEEDED A MONTH AWAY

When one patient planned to be away for a month, Molly created a four-week progressive exercise plan to support consistency outside the clinic. She also practices home exercises with patients before they leave, gives them cues and reviews questions when they return. The handout carries the team’s guidance beyond the supervised session.

USED BY THE TEAM, EVERY DAY

“We use this daily for virtually every patient. They like the illustrations a lot. They’re easy to follow.”



Molly Wainstock, M.S., MPH

Providence Saint John’s Health Center
Cardiac rehabilitation

Combined from the July 2025 webinar and subsequent LinkedIn feedback.

Molly created a reusable library of core, upper-body, lower-body and balance workouts, choosing plans according to each patient’s goals. In the clinic, equipment-specific routines are printed, laminated and hung near the dumbbells, resistance bands and cable machine. Staff teach the movements during the first sessions; the illustrated guides then help patients follow their routines at their own pace while staff continue to supervise.

ALSO USED BY CARDIAC CARE AND REHABILITATION TEAMS AT



**Make exercise guidance
easier to put into practice.**

Discover Train

Based on Molly Wainstock’s July 30, 2025 webinar contribution and later feedback. Closing quote combines both sources. Facility and team photos provided by Molly Wainstock.