

# CARDIAC REHABILITATION

## “State of HEART” Cardiac Rehabilitation Programs at Progressive Care

### Wellness & Primary Prevention

Individuals who are AT RISK of developing any heart disease. (ex: Individuals with uncontrolled diabetes, hypertension, abnormal cholesterol & lipid profiles, Overweight and obese individuals with BMI more than 25.

### Secondary Prevention

Individuals who are diagnosed with any heart disease on routine examination but are reluctant to undergo an interventional procedure like stenting or bypass surgery.

### Cardiac Rehabilitation

Individuals who have had a cardiac event and have undergone some kind of interventional procedure like stenting, Bypass surgery, Repair or Replacement of heart valves etc .

A unit of Progressive Physio Care & Research Pvt. Ltd.

### What is Cardiac Rehabilitation

“**CARDIAC REHABILITATION** refers to coordinated, multifaceted, interventions designed to optimize a cardiac patient’s physical, psychological, and social functioning, in addition to stabilizing, slowing, or even reversing the progression of the underlying atherosclerotic processes, thereby reducing morbidity and mortality”.\*

Cardiac Rehabilitation is a class 1 level recommendation according to AHA and ACC

### Advantages of Cardiac Rehabilitation

- ✔ Reduce risk of mortality due to heart disease , Slow down the progression and speed up the reversal of the damaged heart vessels.
- ✔ Increase exercise tolerance and functional capacity thereby improving physical performance of the individual.
- ✔ Lower risk factors like cholesterol levels, blood pressure etc., and keep them under control.
- ✔ Better control of sugar levels can be achieved in case of diabetes.
- ✔ Enhances psychosocial well being & helps in stress reduction.

*Our Programme is comprehensively designed in accordance with the guidelines given by American College of Sports Medicine (ACSM), American Academy of Cardiovascular and Pulmonary Rehabilitation (AACVPR), American Heart Association (AHA) & American College of Cardiology (ACC).*

### Rehabilitative Perspective Management

- ★ Acute Coronary Syndromes. (MI, Stable Angina Pectoris)
- ★ Revascularization of the Heart (PTCA, CABG, Valvular Repair / Replacement)
- ★ Stable Heart Failure.
- ★ Heart Transplantation.
- ★ Patients with Chronic Diabetes and Hypertension.

### Frequency and Duration

Depending on the felt needs and patient goals the frequency of the program is from a minimum of three days a week to preferably all days a week, and duration may range from six weeks to six months.

### The Components of our Cardiac Rehabilitation Program

- ★ Preparticipation Health Screening - A process prior to initiating a progressive exercise regimen in Healthy, asymptomatic individuals & in individuals who are at risk of developing a heart disease.
- ★ Preexercise evaluation includes a detailed examination (history & physical), review of laboratory tests, and reports from the Physician (Cardiologist)
- ★ Health Related Physical Fitness Testing - A comprehensive assessment includes an evaluation of Body Composition, Cardio Respiratory Fitness Assessment through indirect calorimetry for the absolute prediction of  $VO_{2max}/VO_{2Peak}$ , Muscle strength, Endurance and Flexibility.
- ★ Exercise Testing for therapeutic purposes, for counselling and for individualised Exercise Prescription.
- ★ Risk Stratification and goal setting according to the Guidelines issued by American Academy of Cardiovascular and Pulmonary Rehabilitation (AACVPR).
- ★ Customised Exercise Prescription according the guidelines from American College of Sports Medicine (ACSM) to felt needs and goals of the individual.
- ★ Exercise training and counselling for psychosocial, nutritional, and physical activity issues.
- ★ Advice & counselling of tobacco cessation and alcoholism.
- ★ Constant monitoring of progress through periodic detailed reassessments and reports from physician.