

FUNCTIONAL CONDITIONING WITH CARDIAC PRECAUTIONS

Risk factors contributing to the prevalence of CVD

- ◆ Physical Inactivity
- ◆ Overweight and Obesity
- ◆ Tobacco Smoke
- ◆ Cholesterol and other lipids
- ◆ Diabetes Mellitus

DIAGNOSIS FREQUENTLY IN NEED OF CARDIAC PRECAUTIONS

- ◆ Congestive Heart Failure
- ◆ Post CABGS
- ◆ Post MI
- ◆ CAD
- ◆ Angina Pectoris
- ◆ Post Angioplasty
- ◆ Post Cardiac Transplant
- ◆ Valve Replacement Surgery

What is Functional Conditioning?

Functional Conditioning is restoring a patient to optimal functional capacity. Individuals experiencing a decline in their cardiac output, will also experience painful joints, muscular weakening, balance deficits and most importantly a decline in their abilities to perform activities of daily living. Patients are given the highest quality of support and care, guiding them to complete recovery in a safe, low impact, low stress environment in consideration to the functionality of the heart.

What are the benefits?

- Increase exercise tolerance and performance
- Restore an active and satisfying life-style
- Reduce the risk of future heart problems
- Educate participants and families about cardiac risks and cardiac management
- Recondition and improve the function of the heart

What is the treatment regimen?

- ◆ Upper and lower extremity range of motion and strengthening
- ◆ Lower extremity scar management and/or wound care
- ◆ Functional balance training
- ◆ Functional mobility endurance
- ◆ Resuming functional activities for self care, leisure and/or work in all aspects of daily living.