

Cardiac Rehabilitation

The Cardiac Rehabilitation program helps people with heart disease take responsibility for their health. Cardiac Rehab offers supervised exercise and education.

GOAL

To help you return to work and leisure activities.

Expertise in Matters of the Heart

Our Program

PHASE ONE

IN THE HOSPITAL

- Education provided for inpatients about how to identify and meet their heart health needs prior to leaving the hospital.

PHASE TWO

OUTPATIENT

- Education continues with weekly lecture sessions, Stress management, Yoga, Qi-Gong, or Tai-Chi.
- Exercise is individual, progressive, and monitored.
- Exercise classes meet three times a week in 12-week, 8-week, and 6-week sessions.

PHASE THREE

OUTPATIENT

- Similar to Phase II except telemetry monitoring is once a month.

PHASE FOUR

OUTPATIENT

- A more demanding exercise program helps you maintain healthy exercise habits. Classes are held in four week sessions.
- One hour sessions.
- Individually designed.
- State-of-the-art exercise equipment.
- Walking / jogging program and weight / strengthening exercises.



OTHER OUTPATIENT CLASSES

Cardiac Rehab offers additional classes for persons with congestive heart failure and other specialty classes are offered.

Class Schedule

Classes meet three times a week. Morning and afternoon sessions are offered.

Classes have warm-up and cool-down periods. Participants are given their own individual exercise prescription. Exercise specialists and registered nurses staff the classes to assist you and monitor your health. Your cardiologist meets regularly with the Rehab staff to discuss your progress.

Education

Education improves your knowledge of the heart, cardiovascular system and your recent illness, helping you to understand your condition and how to reduce your risk of any repeat problems in the future. Regular educational conferences share information on the heart and health maintenance. Family members are encouraged to attend and participate in the lectures by the Rehab staff and guest speakers.

Home Exercise Program

In addition to your Cardiac Rehab classes, home exercise is important to your recovery. The Rehab staff helps you set up a home exercise program.

Your goal is 30-45 minutes of continuous exercise, 5-6 times a week, keeping your pulse within your target zone. Home exercise levels should never be higher than levels set for you in Cardiac Rehab.

TYPE OF EXERCISE

Walking, swimming, bicycling, and jogging are forms of aerobic exercise. These exercises increase the efficiency of the cardiovascular system.

WARM-UP

Take your pulse. Begin with five minutes of stretching; pay special attention to leg and ankle muscles. Exercise the first few minutes at a slower pace to gradually increase your heart rate.

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WALKING PROGRAM

Walk on level surfaces when possible for the first few weeks, and then gradually include inclines. Walk indoors in bad weather.

STATIONARY BIKE PROGRAM

- Adjust the seat so that one leg is almost fully extended when the pedal is in the down position.
- Grip the handlebars lightly.
- If using a stationary bike, start cycling without any resistance. Increase your time if you are not having symptoms and your heart rate does not exceed 20 beats above resting.

NORMAL FEELINGS DURING EXERCISE

During Exercise it is normal to feel:

- Moderate shortness of breath; can carry on normal conversation.
- Moderate sweating.
- Pleasant sense of muscle fatigue

COOL DOWN

When you finish, check your pulse and begin 5-10 minutes of stretching. After exercise, your muscles are warm and more flexible. Stretching helps prevent sore muscles and cramping. Cool down slowly until your pulse returns to normal.

PULSE

Your pulse signals how hard the heart is working. Each heartbeat creates a pulse you can feel in your wrist or neck. The nurse shows you how to take your pulse. Practice taking your pulse in your neck or wrist:

- Wrist: Place tips of your first and middle fingers on the inside of your wrist.
- Neck: Place your fingers on the side of your Adam's Apple and slide them back until you feel the beat. Do not press too hard or on both sides of your neck at the same time.
- Take your pulse before, during, and after exercise.
- If your pulse during your workout is

lower than the prescribed heart rate and you aren't having any symptoms, increase your exercise. If you're walking, increase your duration (time walking) then increase your pace. If you're on a bike, first increase the speed, then the tension.

- If your pulse is higher than the prescribed heart rate, decrease your exercise. If walking, slow down and continue walking. If on a bike decrease the tension first, then slow the speed.

Use this chart to help determine your heart rate. Count your pulse for 10 seconds, then multiply by 6 to get your rate for a minute. Your Cardiac Rehab team sets guidelines for a safe exercise heart rate for you.

HEART RATE BEATS IN 10 SEC.	PULSE BEATS/MIN
10	60
11	66
12	72
13	78
14	84
15	90
16	96
17	102
18	108
19	114
20	120
21	126
22	132
23	138
24	144
25	150

Your Target Heart Rate is _____

MET LEVELS

The MET system measures the energy your body needs during activities. MET serves as a guide to your heart's workload.

1 MET = the energy the body needs at rest.

As you increase your activities, your body works at higher MET levels. A treadmill test determines safe MET levels. As you develop cardiovascular fitness, the heart can tolerate higher MET level activities safely.

The following table lists activities and their MET levels. When you try a new activity level for the first time, check your heart rate and keep it within your target zone. Don't do so much that you feel excessively short of breath or tired.

If you have had heart surgery, begin arm activities at a rate that avoids chest incision or chest muscle pain.

Your Beginning Met Level is _____

1.0 – 1.9 METS

Lying down	1.0
Hand sewing	1.0
Sitting	1.2
Brushing teeth	1.2
Eating	1.4
Reading	1.5
Shaving	1.6
Using hand tools	1.8
Light assembly	1.8

2.0 – 2.9 METS

Dressing, undressing	2.0
Billiards	2.2
Playing cards	2.2
Playing piano	2.3
Typing rapidly	2.3
Hanging clothes	2.4
Machine sewing	2.4
Tub bath	2.5
Washing clothes (machine)	2-3.0
Fixing simple meal	2-3.0
Folding clothes	2-3.0
Dusting	2.6
Power sanding, sawing	2.6

3.0 – 3.9 METS

Fix complete meal	3.0
Wash dishes	3.0
Horseshoes	3.0
Ironing	3.0
Welding	3.4
Making bed	3.4
Office work	3.5

Tractor plowing	3.5
Golf (cart, 9 holes)	3.5
Shower	3.5-4.0
Cleaning windows	3.7
Rec. volleyball	3.8
Table tennis	3.9
Self-propelled mower	3.0-4.0
Carrying 1-25 lbs.	4.0-5.0

4.0 – 4.9 METS

Racking leaves	4.0
Pleasure bowling	4.0
Light carpentry	4.1
Mopping floor	4.3
Gardening	4.5
Walking downstairs	4.5
Sexual activity	4.5
Grocery shopping	4.6
Slow dancing	4.7
Golf (carry bag)	4.8
Feeding cattle	4.8
Vacuuming	4.0-5.0
Auto Repair	4.0-5.0
Driving vehicle	4.0-5.0
Cut grass (power mower)	4.0-5.0

5.0 – 5.9 METS

Easy soccer	5.0
Carrying 25-50 lbs.	5.1
Wash, wax car	5.5
Carpentry	5.5
Driving tractor trailer	5.0-6.0
Fishing (wading in stream)	5.0-6.0
Tennis doubles	5.0-6.0
Chopping wood	5.5-6.5
Hiking (day pack)	5.0-7.0

6.0 – 6.9 METS

Tennis singles	6.0
Cut grass (push mower)	6.5
Trotting horse	6.5
Shoveling dirt	6.9
Water skiing	6.0-6.9

7.0 – 7.9 METS

Swimming laps	7.0
Spading garden	7.0
Downhill skiing	7.0
Hardwood hand sawing	7.0-7.9
Racquetball	7.0-7.9
Basketball	7.0-7.9
Mountain Climbing	7.0-7.9
Backpacking (30-50 lb pk)	7.0-11.0
Carrying 64-84 lbs.	7.0-7.9

8.0 – 8.9 METS

Touch football	8.0
Galloping horse	8.0
Downhill ski (vigorous)	8.0
Snow shoveling (powder)	8.9
Cross country ski (loose snow)	8.0-8.9
Cycling 13 mp.	h8.0
Competitive basketball	8.0-8.9

9.0 – 17.0 METS

Using pick, sledgehammer	9.0
Competitive handball	10+
Competitive squash	10+
Competitive soccer	10-12
Jumping rope	11-12
Running: 10 min/mile	10.0
Running: 8.5 min/mile	11.5
Running: 7.5 min/mile	13.5
Running: 6 min/mile	17

Your Recovery

We look forward to guiding you through your recovery. Open communication plays an important part in your progress. Cardiac Rehab staff are open to your questions and concerns. A mid-point evaluation between you, your family, and Rehab staff helps assure that we are meeting your individual needs.

ADDITIONAL COMMUNITY SUPPORT

ATTACK PACK

Many people think heart disease brings normal life to a stop.

No more work, play, or active living. Members of the Fort Collins Attack Pack know better; they haven't let a heart attack or surgery keep them from careers or recreation after developing heart disease. These men and women are doing things they never thought possible: running races, eating well, and having more fun with their families. Furthermore, they have learned to take responsibility for their health.

The Attack Pack started in 1981 when half a dozen participants in the Cardiac Rehab program trained for and completed a 10-kilometer race. Each year since then the Attack Pack has grown larger. And the list of races they conquered has gotten longer. Their determination and achievements proved the value of cardiac rehabilitation, and soon they had come to the attention of people throughout the country who saw stories about them on national TV networks.

Today, the group has hundreds of members: working people and retirees, professionals and homemakers, from their 20s to their 80s: who meet regularly for fun support and various forms of exercise. The group is open to anyone with heart disease. Family members are encouraged to attend. For more information, contact Cardiac Rehab.

