

phases of cardiac rehab - inpatient

| met | precautions | activities | monitoring |
|--|--|---|--|
| begins at met levels 1-2 target level is 3.5 | No isometric exercises or muscle strengthening work No overhead or lateral upper body activity No exercise if person has the following conditions: unstable angina, uncontrolled arrhythmia, acute myocardial infarction (heart attack), deep vein thrombosis (DVT), or severe aortic stenosis | Patient education in the following areas: • Energy conservation • Work simplification • Risk factors • Smoking cessation Light activity if regular pulse is 100 bpm or less | Take vital signs (blood pressure, pulse, respiration) at the beginning of each activity, at the peak of each activity, at the end of each activity, and 4-5 minutes after each activity. |

stages of activity levels 1-3 (cont)

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| I | 1-1.4 | Sitting up is allowed for short periods. Self-feeding, washing hands and face, bed mobility, transfers. | Sitting: Reading, non-competitive table games, light handwork. | Can exercise all extremities in supine (10-15x, at a time). Can only sit to exercise neck and lower extremities. |
| II | 1.4-2.0 | Sitting up is allowed as tolerated – no limitations to sitting. Sitting: Self-bathing, shaving, dressing, grooming. | Sitting: Crafts, painting, knitting, sewing, mosaics, embroidery. | May exercise all extremities but NO ISOMETRICS or strengthening exercises are allowed. AROM to all extremities, progressively increasing number of repetitions. Walking at slow pace in room, as tolerated |

stages of activity levels 1-3 (cont)

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| III | 2.0-3.0 | Sitting: Showering in warm water. Sitting: Ironing, housekeeping tasks with brief standing periods to transfer light items. | Sitting: card playing, piano, machine sewing, typing. | Sitting: wheelchairs, limited distances Standing: AROM exercises to all extremities, progressively increasing number of reps. May include: balance exercises light mat work with no resistance Walking on a zero gradient and comfortable pace is allowed |
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stages of activity levels 1-3

| stage | met level | adl restrictions | recreational activities | exercise activities |
|-------|-----------|------------------|-------------------------|---------------------|
| 1 | | | | |

phases of cardiac rehab - outpatient

| met | precautions | activities | monitoring |
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phases of cardiac rehab - outpatient (cont)

| | | | |
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| begins at 4-5 target is 5-6 | Build up activity tolerance gradually May start graded weight training 2-4 weeks after the initial cardiac event | Continued patient education as in Phase I Practice work simplification and energy conservation techniques Gradual graded exercise Gradual graded weight training Home evaluation Work site evaluation if applicable May be referred to a work hardening program if needed | Continued monitoring of vital signs during and after activity |
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stages of activity levels 4-6 (cont)

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| IV | 3.0-3.5 | Standing: showering in warm water, self, dressing, shaving, grooming, Light housekeeping tasks while standing, using energy conservation – light vacuuming, dusting, sweeping, washing light clothing. | Bowling, slow canoeing, golf putting, light gardening -planting, driving. | Standing: all previous exercise, progressively increasing number of reps and speed. May include balance and mat exercises with light resistance. Walking: unlimited, zero gradient, progressing speed/duration for up to 15-20 min or target HR reached. May begin walking on a treadmill at 1 to 1.5 mph, at a 1-2% grade. Stairs: May begin slow stair climbing up to 2 flights. Cycling: up to 5 mph with no resistance. |
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stages of activity levels 4-6 (cont)

stages of activity levels 4-6

| stage | met level | adl restrictions | recreational activities | exercise activities |
|-------|-----------|------------------|-------------------------|---------------------|
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| V | 3.5-4.0 | Standing: washing dishes, washing clothes, ironing, hanging light clothes, making beds. | Slow swimming, light carpentry, golfing, light home repairs. | Sitting: More resistance may be added while sitting, to 10 lb. Standing: continue with previous exercise progressively increase number reps at speed. Walking: Unlimited increase speed to 2.5mph on level surface. Stairs: Increase tolerance. Cycling: up to 8 mph with no resistance. |
| VI | 4.0+ | Standing: showering in hot water, hanging/wringing clothes, mopping, stripping and making beds, raking. | Swimming: no advanced strokes, slow dancing, slow ice or roller skating, volleyball, badminton, table tennis, light calisthenics. | Sitting: Exercise: upper and lower extremities, up to 10-15 lb. Walking: increase speed to 3.5 mph. Cycling: to 10 mph with no resistance. |



cardiac rehab - phase 3

| met level | precautions | activities | monitoring |
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| begins at level 5-6 | Patient is educated in precautions and self monitors during activity. | Maintenance gym exercise program Weight training Cardio-vascular exercise | Maintenance gym exercise program Weight training Cardio-vascular exercise |



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