

phases of cardiac rehab - inpatient				stages of activity levels 1-3 (cont)					stages of activity levels 1-3 (cont)														
met	precau- tions	activities	monitoring	I	1- 1.4	Sitting up is allowed for short periods. Self-f- eeding, washing hands and face, bed mobility, transfers.	Sitting: Reading, radio, non-co- mpetitive table games, light handwork.	Can exercisell all extremities in supine (10- 15x, at a time). Can only sit to exercise neck and lower extremities.	II	2.0- 3.0	Sitting: Showering in warm water. Sitting: Ironing, housek- eeping tasks with brief standing periods to transfer light items.	Sitting: card playing, crafts, piano, machine sewing, typing.	Sitting: wheelcha mobility limited distances Standing: AROM exercises to all extrem- ities, progre- ssively increasing number o reps. May include: balance exercises light mat work with no resistance Walking on a zero gradient and comfor- table pace is allowec										
begins at met levels 1-2 target level is 3.5	No isometric exercises or muscle streng- thening work No overhead or lateral upper body activity No exercise if person has the following conditions: unstable angina, uncont- rolled arrhyt- hmia, acute myocardial infarction (heart attack), deep vein thrombosis (DVT), or severe aortic stenosis	Patient education in the following areas: • Energy conser- vation • Work simplific- ation • Risk factors • Smoking cessation Light activity if regular pulse is 100 bpm or less	Take vital signs (blood pressure, pulse, respir- ation) 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.	II	1.4- 2.0	Sitting up is allowed as tolerated – no limitations to sitting. Sitting: Self-b- athing, shaving, dressing, grooming.	Sitting: Crafts, painting, knitting, sewing, mosaics, embroi- dery.	May exercise all extremities but NO ISOMETRICS or streng- thening exercises are allowed. AROM to all extremities, progressively increasing number of repetitions. Walking at slow pace in room, as tolerated	phases of cardiac rehab - outpatient														
				met					precautions					activities					monitoring				

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



phases of cardiac rehab - outpatient (cont)

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

stage	met level	adl restrictions	recreational activities	exercise activities
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stages of activity levels 4-6 (cont)

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)

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.

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 exercising completely 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
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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