

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)

I	1-1.4	Sitting up is allowed for short periods. Self-feeding, washing hands and face, bed mobility, transfers.	Sitting: Reading, radio, 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)

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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phases of cardiac rehab - outpatient

met precautions activities monitoring

stages of activity levels 1-3

stage	met level	adl restrictions	recreational activities	exercise activities
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Last updated 22nd October, 2023.

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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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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 exercises complete while sitting, to 10 lb. Standing: continue with previous exercises 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: Exercises: 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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Last updated 22nd October, 2023.

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