

WHO NEEDS CARDIAC CONDITIONING?

Patients who have experienced or at risk for:

- Heart attack
- Chest pain/angina
- Angioplasty or stent procedure
- Bypass surgery
- Heart transplant
- Heart failure
- Cardiomyopathy

Cardiac Conditioning is an exercise program aimed at helping people prevent future or recover from recent heart conditions. It provides guidelines to help heart patients reduce fear, safely increase their physical fitness, and maintain a healthy and active lifestyle.

Counseling and education are provided to help reduce risk factors, support dietary changes and weight loss, and educate clients on physical activity and stress management.

Exercise programs are one-on-one and are customized to each individual's needs. A plan is developed with each patient and their family that includes strategies to help make lifestyle changes and decrease risk for future events.



*At Kitsap Physical Therapy & Sports Clinics,
we have Cardiac Specialists at each clinic
location. For more program information,
visit www.KitsapPT.com or to schedule
an appointment with one of our
Specialists contact:*

Bainbridge Island

(206) 842-6288

Bremerton

(360) 792-1015

Kingston

(360) 297-7050

Port Orchard

(360) 895-9090

Poulsbo-NKMC

(360) 779-3764

Poulsbo-Village

(360) 779-3777

Silverdale

(360) 613-1834

kitsap
physical
therapy
AND SPORTS CLINICS

Cardiac Conditioning

Improve Your Heart Health

One-on-one personal guidance



PROGRAM GOALS

SUPERVISED THERAPEUTIC EXERCISE PROGRAMS



Monitoring

Blood pressure and heart rate will be closely monitored by our cardiac team who is trained in cardiac and emergency care. Our cardiac team is dedicated to providing expert care through personal attention, counseling, education and regular communication with your physician.

Sessions will focus on increasing physical fitness and improving work capacity through a variety of prescribed aerobic exercises, stretches, and weight training.

Program

Cardiac conditioning provides a supervised environment to safely increase activity and exercise levels.

Evaluation and Supervision - provided by a licensed physical therapist with specialized knowledge and skill in cardiac rehabilitation and conditioning;

Exercise Prescription - emphasis is a targeted goal of 30-60 minute sessions of sustained activity including warm up/cool down with one-on-one supervised monitoring of vitals and a focus on target heart rate (THR), and/or training at 13-15 on the Borg scale of perceived exertion. Sessions will include aerobic and resistive training and may address minor balance and orthopedic impairments;

Progression - 5-10% increases w/ goals of reaching 85% of peak heart rate, target heart rate, or training at 13-15 on the Borg Scale of perceived exertion;

Frequency - target goals of exercise sessions 2-3x/week for a duration of 1-3 months with initial supervision by a cardiac specialist until the client is able to train at the target rate without an adverse response. Supervised sessions will then reduce as client becomes independent with rehabilitation. Anticipated initial referral should include 6-10 sessions before status is determined;

Education Training - education of client on modifiable risk factors, self monitoring of exercise, and maintenance of care;

Independent Management - complimentary month at one of our clinic locations for long term independent management and life fitness plan. Patients are then evaluated and can begin our Next STEP Programs.

Next STEP Programs

- Arthritis Foundation Fitness
- Aquatic Therapy
- Cardiac Conditioning
- Chair Yoga
- Parkinson's Movement Group
- Pilates for Spine Rehab and Osteoporosis
- SAIL (*Stay Active and Independent for Life*)
- Senior Fitness
- SilverSneakers
- Strength After Cancer
- Yoga

Benefits

- Improved physical fitness and energy levels
- Improved heart strength
- Weight loss
- Reduced blood pressure
- Controlled cholesterol levels
- Improved overall well-being
- Improved management of stress
- Reduced risk of future heart problems
- Increased ability to perform job or tasks
- Improved quality of life!