

Cardiac Rehabilitation
 Pulmonary Rehabilitation
 Fit for Life
Exercise Prescription Algorithm

LIFT RESTRICTIONS	
3-4 wk	20 lb
5-6 wk	30 lb
CABG	
1-2 wk	10 lb
3-4 wk	10 lb
5-12 wk	25 lb

Assessment

Assign AACVPR need for ECG Monitoring and Supervision
 Need for supplemental oxygen and titration
 Peak MET level _____ O₂ saturation maintained > 92%
 Age Predicted Target Heart Range _____

Intervention

Recommendation	6-18 Exercise Sessions	12-24 Exercise Sessions	18-36 Exercise Sessions
Frequency	3X wkly + 2 days at home	3X wkly + 2 days at home	3X wkly + 2 days at home
Intensity	RPE 13-15		
Warm-up	10"	10"	10"
Stretch/Flexibility			
Cool-down	5"	5"	5"
Week 1 Sessions 1-3			
Duration	20"	15"	10"
Intensity	RPE 13-15	WE 13-14	WE 12-13
Progression	THR 65%	THR 60%	THR 40%
Mode	1-2" each piece equip 2-4" each session Duration to 20" each piece equip then increase intensity .25-.5 Watts TM, Monark, Nustep	1-2" each piece equip 1-2" each session Duration to 20" each piece equip then increase intensity .25-.5 Watts TM, Monark, Nustep	1-2" each piece equip 1-2" each session Duration to 10-20", then increase intensity .25-.5 Watts TM, Monark, Nustep
Week 2-3 Sessions 4-9			
Duration	30-40"	25"	20-25"
Intensity	THR 70%	THR 65%	THR 45%
Progression	RPE 13-15	RPE 13-14	RPE 12-13
Strength Training	1-2" each piece equip 2-4" each sessions 1-2 % grade/.25-.5 Watts 2-10 lb 3 sets 12 reps CABG, MI, lift restrict	1-2" each piece equip 1-2" each session 1-2 % grade/.25-.5 watts 2-10 lb 3 sets 12 reps CABG, MI, lift restrict	1-2" each piece of equip 1-2" each session 1-2 % grade/.25-.5 watts 2-10 lbs 3 sets 12 reps CABG, MI, lift restrict

Mode	Add Airdyne, Arm Ergometer	Add Airdyne, Arm Ergometer	Add Arm Ergometer
Week 4-5 Sessions 10-15			
Duration Intensity Progression Strength Training Mode	40-50" THR 75% W E 13-15 1-2" each piece equip 2-4" each session 1-2% grade/.25-.5 watts Universal 10+ lbs., Abdominal Press, Upper/Lower Muscle groups CABG, MI lift restriction Add Rower, Stepper, Nordic Trac	35" THR 70% RPE 13-14 1-2" each piece equip 2-4" each session 1-2% grade/.25/.5 watts Universal 10+ lbs., Abdominal Press, Upper/Lower Muscle groups CABG, MI lift restriction Add Rower, Stepper	25-30" THR 50% RPE 12-13 1-2" each piece equip 1-2% grade/.25-.5 watts 2-10 lb 3 sets 12 reps 25 lb max CHF/CABG Lift restriction Upper/Lower muscle groups Add Airdyne
Week 6-7 Session 10-15			
Duration Intensity Progression Strength Training Mode	55-60" THR 80-85% RPE 13-15 1-2 % grade/.25-.5 watts 1-2" each piece equip 2-4" each session CABG, MI lift restriction, Universal 10+ lb, 12 reps, 2-3 sets, Abdominal Press Upper/Lower Muscle groups	45" THR 75-80% W E 13-14 1-2% grade/.25-.5 watts 1-2" each piece equip 2-4" each session CABG, MI lift restriction, Universal 10+ lb, 12 reps, 2-3 sets, Abdominal Press Upper/Lower muscle groups	30-35" THR 55% RPE 12-13 1-2% grade/.25-.5 watts 1-2" each piece equip 2-4" each session CABG, MI lift restriction, free weights, Universal 10+ lb, 3 sets, 12 reps, 25 lb max CHF/CABG Add Rower
Week 8-12 Session 22-36			
Duration Intensity Progression Strength Training Mode		50-55" THR 75-80% RPE 13-14 1-2" each piece equip 2-4" each session Universal 10+ lb, 12 reps, 2-3 sets Abdominal Press	40-45" THR 60-65% RPE 12-13 1-2" each piece equip 2-4" each session Universal 10+ lb, 12 reps, 3 sets Abdominal Press
Functional Capacity GXT/6MWT	METs \geq 7 30 days post even supervision	METs 5-7 60 days post event supervision	METs < 5 90 + days post event supervision