



EXERCISE INSTRUCTIONS

Coronary Artery Disease

*Always follow the advice of your provider (doctor/nurse practitioner/physician assistant).
The instructions below are general and should only be done with their approval.*

General Guidelines

- Warm-up: 5 minutes
- Aerobic: 20-60 minutes continuous exercise (use RPE- see next page)
- Weight training: 10-20 minutes
- Cool-down: 5 minutes
- Stretching: Up to 5 minutes of light stretching

NOTE: Before starting an exercise program, ask your physician about a treadmill exercise test to assess for symptoms, heart rate response, appropriate workloads, and possible EKG changes.

- The test can generally be done within one week of a heart attack.
- The test is usually done before starting a cardiac rehabilitation program.

Warm-up

Easy/light movement that prepares muscles for aerobic and/or weight training exercise.

Aerobic

- Done most days of the week. Exercise goal is duration, not intensity.
- Uses large muscle groups working together.
- If unable to exercise continuously for 20-60 minutes, bouts of 10 minutes or more can be done. Exercise should add up to 20-60 minutes of aerobic activity per exercise session.
- Should cause an increase in heart rate (HR) and breathing rate, but you should still be able to carry on a conversation.
- Examples: walking, swimming, biking, and using a Nustep®.

NOTE: unless cleared by your physician, engage in low to moderate intensity exercise versus high intensity or high impact exercises (running or jumping).

Weight Training

- Weight training (low level resistance of 1-5 lbs or elastic bands) is recommended.
- Exercise 2-3 days per week,
- Begin with 1 set of 10 repetitions (reps) per muscle group and increase as tolerated.
- Strength training should only be done after some form of cardiovascular/ warm-up.
- Be sure to breathe out on the exertion part of the exercise (when you are contracting the specific muscle you are training).
- **NOTE:** It is not safe to do isometric training (pushing against a fixed object or a high resistance without movement) at this time.

Cool-down

Similar to the warm-up; light movement to help bring your heart rate (HR) back down to its resting level.

Stretching

- Decreases muscle soreness and increases flexibility.
- Done after every workout session.
- Hold stretch up to 30 seconds (as tolerated) without moving, and be sure to keep breathing.

PRECAUTIONS

- Your physician should clear you before you start an exercise program.
- Exercise may result in fluid loss (dehydration) so drink fluids to prevent low blood pressure after exercise. Patients on fluid restriction should ask for more specific advice from physician.
- If you have a nitroglycerin prescription, consult your physician for proper use.

WHEN TO CALL & WHO TO CALL

If you have any of these symptoms before or during exercise, stop exercise immediately and contact your physician:

- Unstable angina
- Chest pain
- Shortness of breath
- Lightheadedness, or
- Palpitations (rapid heart rate)
- Anything that feels different than usual.

RATING OF PERCEIVED EXERTION (RPE)

Use this scale to find the intensity level of your exercise. A rating of 11-13 is ideal.

6	
7	Very, Very Light
8	
9	Very Light
10	
11	<i>Fairly Light</i>
12	
13	<i>Somewhat Hard</i>
14	
15	Hard
16	
17	Very Hard
18	
19	Very, Very Hard
20	

For questions about exercise, call the exercise physiologists at:

Cardiovascular Center

734-936-5627

Cardiovascular Medicine at Domino's Farms

734-998-5666 or 647-7321

Developed by Preventive Cardiology, UMHS.