

Medical Rehabilitation for Diseases of Cardio-Vascular System

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DESCRIPTION

Cardiac rehabilitation, also called cardiac rehab, is a medically supervised program which contains complex intervention offered to patients diagnosed with heart disease, which includes components of health education, advice on cardiovascular risk reduction, physical activity and stress management. The program is designed to help you improve your health and recover from a heart attack, other forms of heart disease or surgery to treat heart disease. Cardiac rehabilitation often involves exercise training, emotional support and education about lifestyle changes to reduce your heart disease risk, such as eating a heart-healthy diet, maintaining a healthy weight and quitting smoking.

Therapeutic effect of physical exercises on the cardiovascular system

Motor activity and the state of the circulatory system are closely related. On the one side, the lack of physical activity is a risk factor in various diseases of the cardiovascular system, such as myocardial infarction, hypertensive diseases. On the other side, physical work, workouts increase the need of muscles in supplying them oxygen and nutrients, which is ensured by the appropriate blood circulation shifts, enhancing the work of the heart. Therapeutic exercise activates basic and auxiliary hemodynamic factors are cardiac, extra cardiac, vascular, tissue metabolism, etc. Prescribed training increases the adaptation and functional capacity of the circulatory system. The positive effect of therapeutic physical education on the emotional sphere of the patient contributing to the removal of emotional stress, the development of confidence in the positive outcome of the disease. With the disease of the cardiovascular system, various means and forms of therapeutic physical education are used: Morning hygienic gymnastics, medical gymnastics and forms are dosage walking, terrencourt, swimming, therapeutic rowing, and training on veloergometer. The level of physical activity is prescribed in accordance with the nature and stage of the disease, the functional capabilities of the patient, the degree of coronary and heart failure, the presence of complications and comorbidities.

The use of physical therapy in the pathology of the circulatory system is not in the following diseases and conditions:

- Increased cardiovascular insufficiency especially left ventricular insufficiency
- Acute myocarditis, exacerbation of rheumocarditis
- Severe cardiac arrhythmias and conduction disorders
- Tachycardia at rest more than 100 beats per minute, tachycardia less than 50 beats per minute
- Hypertension with high blood pressure (200/110 mmHg) and the state after a hypertensive crisis
- Aneurysms of the heart and blood vessels
- Thromboembolic complications, acute thrombophlebitis

Physical therapy for myocardial infarction

Patients who have suffered a myocardial infarction need rehabilitation, the main task of which is to create optimal conditions for restoring the patient's ability to work or the ability to perform household loads. There are several aspects of rehabilitation: Medical, physical, psychological, social, and professional. There are 3 stages of rehabilitation of the patient (MI): 1. Inpatient (hospital) stage. 2. The period of recovery from the moment of discharge from the hospital to return to work. 3. Maintenance period, from 3-4 months from the onset of the disease and lasting for life.

Therapeutic exercise for hypertension

Therapeutic physical culture is a method of active functional and sanogenetic therapy of patients with HD and occupies a prominent place in the complex treatment and especially in the rehabilitation of this contingent of patients and should be widely used in patients with HD of I and II degrees and individually-III degrees, taking into account the functional capabilities of the cardiorespiratory system, physical therapy is considered as a means of active functional, preventive and pathogenetic therapy in the initial stages of the disease.

CONCLUSION

Therapeutic physical training is a means of active functional and

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sanogenetic therapy of CHD patients and is used for primary and secondary prevention and rehabilitation. The tasks of physical therapy at CHD are, improving the relationship between the processes of excitation and inhibition in the cerebral cortex, improvement of coronary and peripheral blood circulation, increased myocardial contractility, stimulation of extracardial mechanisms of blood circulation, training of reserve and adaptive abilities of the cardiovascular system, increasing tolerance to physical exertion, improve the function of external respiration and gas exchange, normalization of neuro-endocrine regulation, metabolism, trophic processes in organs and tissues.

Exercise therapy is contraindicated in unstable angina of tension, resting angina of the IV FC, severe rhythm and conduction disorders, aneurysm of the heart and blood vessels, thromboembolic complications, high hypertension (180/120 mm Hg), tachycardia over 100 beats/min and bradycardia less than 50 beats / min, acute coronary and heart failure, negative dynamics on the ECG of the various forms of physical therapy, the most widespread are morning hygienic gymnastics, therapeutic gymnastics, non-gymnastic forms - dosed walking and rowing, terrenkur, swimming in the pool, exercises on simulators.