Outline of the Rehabilitation Program in Myocardial Infarction - Physical Therapy

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OUTLINE OF THE REHABILITATION PROGRAM IN MYOCARDIAL INFARCTION

Physical Therapy

1st Week - None
Complete bed rest; interviews by rehabilitation staff if patient's condition permits

2nd Week - Teach patient to relax
Supervised exercises; include diaphragmatic breathing exercises
1st and 2nd days
Flex and extend toes - relax
Dorsiflex and plantarflex ankle - relax
Make fist - open - relax
Extend and flex wrist - relax
Repeat above exercises 3-5 times b.i.d.
3rd and 4th days
Increase above exercises to 10 times b.i.d.
Add isometric contractions of quadriceps group
Flex and extend elbows
Actively place hands behind head one time b.i.d.
Repeat above exercises 10 times b.i.d.
5th, 6th and 7th days
Add to above exercises - flex knees to 90° angle by sliding foot on bed
Repeat 10 times b.i.d.

3rd Week - 1st and 2nd days
Above exercises with the addition of isometric contraction of gluteal muscles
Repeat 10 times b.i.d.
3rd, 4th and 5th days
Above exercises with the addition of all active movements of the shoulders and hips
Repeat 5 times b.i.d.
6th and 7th days
Exercises as above, increase to 10 times b.i.d.
Sitting over edge of bed with feet resting on chair, pillows behind back for support 15 minutes b.i.d.

4th Week - 1st, 2nd and 3rd days
Above exercises 10 times b.i.d.
4th day
As above, with the addition of active movements of the shoulders, hips and knees in a sitting position 10 times b.i.d.
5th, 6th and 7th days
Walks for 3-5 minutes along bedside b.i.d.
Bathroom privileges
Observe posture and gait

5th Week - Progressive walking, measured distances, depending upon patient's reactions
1st day, 50 yd. b.i.d.
2nd day, 100 yd. b.i.d.
5th Week (Cont'd)
3rd day, 200 yd. b.i.d.
4th day, 300 yd. b.i.d., and for balance of hospital stay
May sit up in arm chair in room one-half hour t.i.d. at mealtimes

6th Week - Walking 300 yd. b.i.d.
Add walking up and down 3 standard stairs, under supervision, using handrails
1st day, 3 steps up and down b.i.d.
2nd day, 3 steps up and down 2 times (6 steps) b.i.d., but sit in chair between episodes
3rd day, 3 steps up and down 3 times (9 steps) b.i.d.
4th day, 3 steps up and down 4 times (12 steps) b.i.d.
5th day, 3 steps up and down 5 times (15 steps) b.i.d.
From then on can climb full flight of stairs
Freedom about ward with short appropriate rest periods during the 6th week
Dietetic counseling before patient is discharged from the hospital

Criteria for Guidance in the Rehabilitation Activities

1. Pulse - Pulse is taken before, at the completion of and after a 3 minute rest period following the activity; if there is increase of more than 10 in pulse rate after rest period, this fact is reported to doctor; any further activity is resumed only upon recommendation of doctor; pulse should be taken for one full minute and the volume and rhythm noted; any changes are also to be reported to the doctor.

2. Respiration - Character and rate of respiration should be noted, and any unusual changes reported to doctor.

3. Pain - If any chest or arm pain develops during activity, discontinue activity at once and report this fact to doctor; further activity is resumed only upon recommendation of doctor.

Treatment should be promptly discontinued whenever any unusual sign or symptom develops; this should be reported immediately to doctor and information recorded in patient's progress notes.