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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 (Con't)

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.