

ABSTRACT

Preliminary Report of the Cardiac Rehabilitation Program

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Twenty eight subjects with documented coronary disease were entered into a rehabilitation program utilizing a bicycle ergometer for exercise under medical supervision. Two died of myocardial infarction en route to the hospital not temporarily related to exercise. Five discontinued the program and were lost to follow-up. One re-infarcted and was dropped from the program. Twenty-one have continued actively from 10 weeks to 20 months. The average increase in the predicted maximal oxygen intake for this group was 32%. Nineteen also increased their fitness as indicated by reduction in heart rate for a given work load, and a decrease in systolic blood pressure for a given work load. Of the 21 who actively participated in the program, 12 had angina pectoris at the start. Three of these are now pain free. Ten are on active military duty including three with angina. The remainder are retired and are employed or employable. No patient suffered an infarction during exercise testing or training.

Thus, cardiac rehabilitation utilizing supervised exercise is safe, feasible and rewarding in the management of patients with coronary artery disease.