

# Exercise Prescription in Cardiac Rehabilitation

## A Practical Approach to Early Mobilization and Exercise Training

Edited by

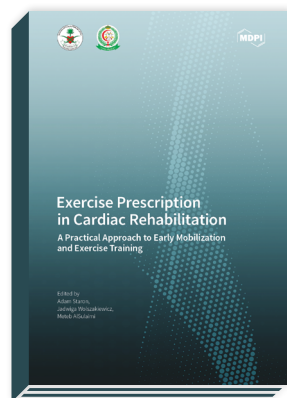
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The book is the fruit of a collaborative effort by a dedicated team of cardiologists, whose specialities span the entire field of cardiology, and offers a practical approach to exercise prescription in cardiac rehabilitation in line with American and European guidelines, and inspired by local experience. It details the technical aspects of different modalities of exercise for a broad spectrum of cardiovascular conditions and patient groups, and provides strategies to overcome existing barriers to physical activity in the local population. Book describes the basics of rehabilitation, functional assessment, early mobilization, supervised and long term exercise protocols, cardiac rehabilitation in specific groups, and finally, special considerations for the Middle Eastern and Saudi Arabian populations.

Primary audience: Professionals working or planning to work in the cardiac rehabilitation field (i.e. cardiologists, rehabilitation specialists, nurses, physiotherapists, exercise physiologists, and psychologists). Secondary audience: - Internal medicine specialists - Cardiothoracic surgeons - Medical students - Physiotherapy students - Cardiac nurses - Stress test technicians - Dietitians - Health educators.

The book can serve as textbook and for dedicated courses (cardiac rehabilitation course, cardiac rehabilitation fellowship).



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