

# PREHABILITATION (CARDIAC) & EXERCISE

PUBLIC

## WHAT IS PREHABILITATION (CARDIAC)?

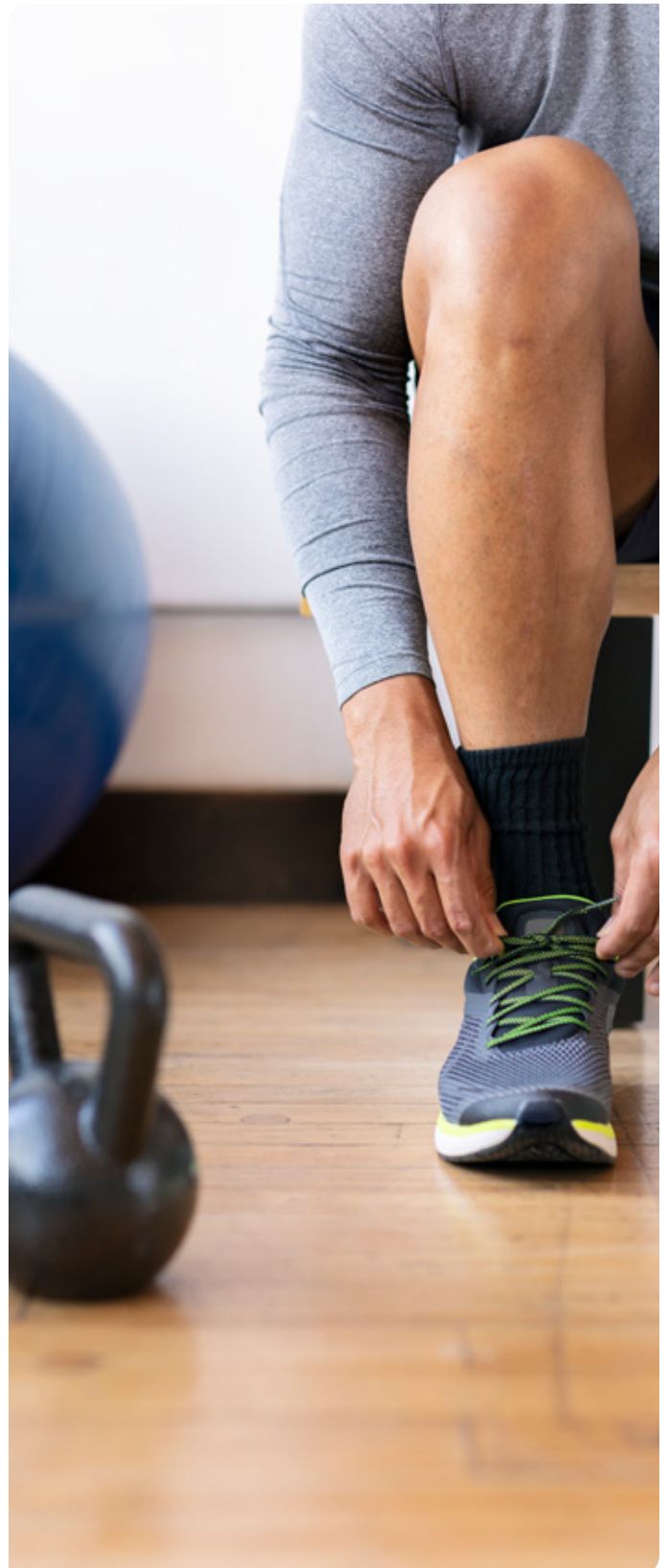
- Cardiac prehabilitation combines specific diet and exercise programs to suit your particular needs, that take place while you're waiting for surgery (1). This is to establish healthy lifestyle habits to sustain after surgery and over the long term for optimal health outcomes.
- Programs can be delivered however suitable for your needs, location and comfort:
  - › Face-to-face
  - › Over the telephone
  - › Via the internet
  - › In a group
  - › In hospitals, community centres or clinics
  - › In your own home

## HOW EXERCISE PRODUCES BENEFITS IN THE PREVENTION, TREATMENT AND MANAGEMENT

- While exercise and physical activity may be daunting before a scheduled surgery, the program will be aligned to suit your personal goals, individual needs, exercise preferences, and will incorporate opportunities to add variety, for example with changes to intensity and duration.
- The combination of diet and exercise are shown to (2):
  - › Reduce the effects of cardiovascular disease risk factors (e.g. obesity, type 2 diabetes, etc.)
  - › Improve quality of life
  - › Reduce swelling and inflammation throughout the body

## WHAT EXERCISE IS BEST?

- Start out with 10 minutes of aerobic activity a day + muscle strengthening (e.g. resistance or weight-training) activities at least two days a week
- Work your way up to the Australian Government's recommendations: two days per week of resistance training + 30 - 45 minutes of aerobic activity a day on five or more days of the week, per the National Heart Foundation of Australia
- Begin at a level you are comfortable with preferably six months before a surgery (2) and gradually increase how long as well as how often you exercise, as you feel better
- Trust yourself and alert your health care provider if you feel dizzy, disoriented, or have any discomfort during a training session





## RELATED INFORMATION AND REFERENCES

*Prepared by Dr Caitlin Fox-Harding*

It's always recommended to check in with your health care professional to get started with an appropriate exercise regimen, so they can point you in the right direction.

Exercise is Medicine Australia [www.exerciseismedicine.org.au](http://www.exerciseismedicine.org.au)

Exercise Right [www.exerciseright.com.au](http://www.exerciseright.com.au)

Find an Accredited Exercise Physiologist [www.essa.org.au](http://www.essa.org.au)

1. Arora RC, Brown IV CH, Sanjanwala RM, McKelvie R. "NEW" prehabilitation: a 3-way approach to improve postoperative survival and health-related quality of life in cardiac surgery patients. Canadian Journal of Cardiology. 2018 Jul 1;34(7):839-49.

2. Pinckard K, Baskin KK, Stanford KI. Effects of exercise to improve cardiovascular health. Frontiers in cardiovascular medicine. 2019 Jun 4;6:69.