

# OUTPATIENT CARDIOPULMONARY REHABILITATION PROGRAM

MOON PHYSICAL THERAPY • HONOLULU, HI

## Cardiopulmonary Rehabilitation Program

Moon Physical Therapy's cardiopulmonary rehabilitation program is designed to assist individuals with heart or pulmonary disease in achieving optimal physical, psychological, and functional status within the limits of their disease. We help our patients become well-adjusted, well educated and fit, and to be able to cope with the long-term consequences of their disease/condition.

## Considerations for Evaluation

Ideally anyone with a primary or secondary pulmonary disease, or anyone at risk for developing pulmonary disease could be a candidate for rehab.

Common conditions we treat under the **Cardiopulmonary Rehab Program** include:

*Coronary Bypass Surgical (CABG/Angioplasty)*  
*Diabetes*  
*Heart Disease*

*MI (Heart Attack)*  
*Musculoskeletal limitations*  
*Pacemakers*

*PVD Vascular Diseases*  
*Stabile Angina Pectoris*

Common conditions we treat under the **Pulmonary Rehab Program** include:

*Chest Wall Defects*  
*Obstructive Diseases*

*Postural Tachycardia Syndrome*  
*Pulmonary Vascular Conditions*

*Restrictive Diseases*  
*Risk of development of COPD*

## ICD-9 Codes/Previously Used Codes:

V45.81; 414.01; 413.9; 728.2; 780.2; 458.90; 491.20; 492.8; 799.0

## Contraindications to Outpatient Rehab Program:

Medically unstable--recurrent ischemic pain, CHF, resting tachycardia greater than 100bpm, severe bradycardia less than 50bpm, uncontrolled HTN, other illnesses that precludes exercises

## Techniques & Modalities:

**CV Exercise Modes** - Treadmill, Arm Ergometer, Recumbent Bicycle, Rowing Machine

**Strength Training** -dumbbells, therabands, theraballs, Total Gym

## Typical Duration of Treatment

**2-3x/week for 4 - 8 weeks, 60-90 minute sessions**



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## Program Goals

- Cardiac Program**
- \* To elicit improvement in the patient's strength, flexibility, and CV fitness without exceeding the safe limits of exercise
  - \* Emphasize patient education so the individual can begin to understand the disease and to implement lifestyle changes
  - \* To enhance the confidence of patients' and their ability to be independent with their exercise program and be able to perform self-monitoring techniques properly and safely
  - \* Promote psychological, behavioral and education improvement
- Pulmonary Program**
- \* Improve with health status: tobacco use, drug/alcohol use
  - \* Improvement in respiratory systems
  - \* Improve daily activity tolerance: increase strength, flexibility, and endurance
  - \* Patient will be independent with program and all areas of care

## Progression of Treatment

- Week 1-2**
- \* Initial Evaluation performed
  - \* Initiate risk factor education and address future modification of certain behaviors, such as eating habits, and smoking
  - \* Task and environmental modification for pulmonary patients in order to improve ease of performing ADL and self-care activities
  - \* Introduce and educate patient on importance of warm-up and cool down periods with proper AROM and stretching exercises
  - \* Determine appropriate intensity, duration, and frequency of exercises for each individual with close monitoring of HR, BP, oxygen saturation and ECG responses
  - \* Postural correction and body mechanics training
  - \* Introduce stress management, relaxation techniques and breathing exercises
- Week 3-4**
- \* Exercise intensity, duration, and frequency are progressively increased to patient's tolerance.
  - \* Introduce light resistive exercises with dumbbells or therabands
  - \* Postural strengthening exercises
  - \* Continue with stress management and relaxation techniques
  - \* Introduce self-monitoring techniques
  - \* Monitoring vitals as needed
- Week 5-8**
- \* Continued progression of exercise program in order to improve strength, flexibility, CV fitness and respiratory function
  - \* Monitoring vitals as needed
  - \* Prepare patient for independence and be able to demonstrate proper self-monitoring techniques
  - \* Patient should be able to perform exercise procedures safely, can demonstrate knowledge in recognizing any adverse signs when exercising, and are able to monitor their own HR



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## What others are saying about The Cardiopulmonary Rehab Program

### From A Doctor's Perspective:

"Cardiopulmonary rehab is a valuable service at a low price. It provides frequent contact with the patient and a bonding of the patient with the rehab staff. If the physician is identified as part of the rehab team, the patient-physician relationship may be enhanced. The physician is perceived as interested in providing a full spectrum of services to ensure patient's health."  
—Frederic Pashkow, M.D.

### From A Patient's Perspective:

"I have made tremendous gains in my wellness and improved quality of life. The staff treats me with skill, compassion, dedicatedness to details of my therapy workouts. It is one thing to go out and perform exercise on your own, but during my workouts, the constant monitoring of my vital signs, i.e. blood pressure, pulse, heart rate sets my mind at ease to concentrate only on fulfilling the exercise routines I'm performing."  
—A.L. (Cardiac Bypass)

"They have made it very enjoyable for me to do my cardiac rehab exercise. The facility is clean, the personnel outstanding, the equipment is in good condition, it is easy to get to and the price is very reasonable. I couldn't recommend it more highly."  
—F.S., Patient



References: Carolyn Kisner & Lynn Allen Colby  
Ellen Hillegass, MMSc, PT, CCS & Steven Sadowsky, MS, RRT, PT, CCS  
Frederic Pashow, M..D.; Peg Pashow, MS RPT

